MEALS Tested, Tasted, and Approved

FAVORITE RECIPES and MENUS From Our Kitchens to Yours

GOOD HOUSEKEEPING INSTITUTE

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Equipment tested and approved by Good Housekeeping Institute insures good cookery.

GOOD HOUSEKEEPING'S

Book of

MEALS

Tested, Tasted, and Approved

Favorite Recipes *and* Menus *from* Our Kitchens *to* Yours

GOOD HOUSEKEEPING INSTITUTE

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To Those Who Use This Book

THIS is a "cook book plus". In planning it we have had in mind the beginner as well as those experienced in cooking. We have, therefore, brought together many of our favorite tested recipes and menus which, for over twenty years, we have been working out in our own kitchens and which we hope will add new interest to both your every-day meals and your party menus. And we have also given much attention to the simple methods of cooking on which all cookery is founded, from brewing a good cup of coffee to baking potatoes, poaching eggs or making a smooth, velvety sauce.

Cooking is a science as well as an art, so in all good cooking, science and art must go hand in hand. Accuracy in measuring is therefore important, measuring quantities and measuring cooking time and cooking temperature. In all our recipes and methods, then, we have used the standard half-pint measuring cup, the teaspoon and the tablespoon and *all measures are level*. We have also given cooking temperatures when necessary.

Since people in general, and housekeepers in particular, are interested in planning and choosing meals that will keep them fit, we have given attention to the very important question of planning healthful meals for both children and grown-ups. And since busy housekeepers always welcome suggestions that will save time in the kitchen we have discussed plans for time-saving meals, as well as meals that will fit our pocket-book.

The field of cookery is large. It includes many foods and food products. We have covered the cooking of all types of foods and we have had in mind the preparation of the newer food products which industry is making available through improved methods of food manufacture, food preservation and transportation.

To help you in your work in the kitchen, and to add to its interest, industry is making available equipment and devices that cater more and more to your needs. For over twenty years Good Housekeeping Institute has been testing household equipment so that we may offer to housekeepers a list of equipment that has been thoroughly tested and found satisfactory. This list may be obtained for 15 cents from the Good Housekeeping Bulletin Service, Eighth Avenue at 57th Street, New York City. Good Housekeeping Institute, at the same address, will at your request send you free of charge a separate list or lists of approved gas ranges, or other types of ranges, or refrigerators or any other type or types of household equipment tested in our laboratories, the purchase of which you may be considering. Send, too, for our list of service bulletins on various cookery and housekeeping problems. And watch the Institute pages each month in GOOD HOUSEKEEPING MAGAZINE, for there we are discussing seasonable housekeeping questions.

Use the index constantly. We have made it a ready reference guide to all that the book contains.

The cover of this book should
only be wiped off lightly with
a damp cloth to remove soil.
Do not rub with soapy water
or an abrasive.

Planning the Meals

What Shall We Have Today?—It is not easy to keep up a lively interest in planning the meals day after day. There are those who seem to be "born menu-makers", as well as "born cooks", for the planning of the meals is to them a continual adventure in discovering some new dish or a new variation of an old favorite. It is easy, however, to get into a rut and to leave until the last minute the final decision as to the meals for the day when one is liable to repeat the serving of a few dishes to the point of monotony. *Color*, *flavor* and *texture* are important in planning meals. Repeating a flavor in any meal or even on any one day, such as serving a tomato soup for lunch and a tomato salad for dinner, is something to avoid if possible. A crisp salad or a raw vegetable relish will supply an appetizing difference in texture when served with a creamed dish, such as macaroni and cheese or creamed fish, while such foods as spinach, tomatoes, carrots and cranberries lend color to otherwise colorless plates. And it is not only a question of serving meals that are well cooked and interesting in variety but also one of planning meals that will keep the family fit.

Keep Menus on File for Reference—A good time-saver in meal planning is to keep on file menus over which the family or guests have enthused so that when your imagination refuses to work you can turn to your precious menu file. It will no doubt offer more dinners than any other meal, and fewer breakfasts, for in most households breakfast does not vary as greatly from day to day, as luncheon or dinner.

Plan the Meals Ahead—This menu file also makes it easier to plan the meals two or three days, or even a week, in advance, a practice which usually brings more interesting variety into the daily menus and which also tends to keep down the cost of meals, since the more inexpensive dishes may, if necessary, be worked into the meals to better advantage.

Our Changing Food Products—In planning the meals we cannot forget that our food industries are constantly developing new and better methods in the manufacture of food products. Modern canning processes are making available a widening variety of canned meat, poultry, fish, vegetables, soups, fruits, etc., with their freshness and their food value and flavor well preserved. Foods are being increasingly sold in package form instead of in bulk and the package is the guardian of our Pure Food Laws as its label must give a true

statement of the contents. Newer freezing processes are making fresh fish available all over the country and in the freshest of condition, with food value and flavor well conserved, and this process has more recently been extended to include meat and vegetables and fruits. Largely owing to scientific food preservation and rapid transportation there are fewer foods that can be obtained only during certain short seasons and the prices of many perishable foods are now somewhat more uniform throughout the year.

Adapting Ready-Made Menus to Meet Your Needs—There are times when most of us would like to have our meals planned for us, and we begin to look about for some source of ready-made menus. However, it is rarely that we can use these without changing them more or less to suit our own needs. *Breakfast* may not vary much in any one household from day to day but households vary considerably as to the type of breakfast served, from a simple meal of fruit and toast and coffee or cocoa to one which includes a cereal and a hot dish such as eggs, bacon, sausages or griddle cakes. *Luncheon* too varies according to the needs of any one household, for the grown-up members of the family may or may not come home for the mid-day meal, while babies, young children and the school children who come home to lunch will dictate the type of meal needed. *Dinner* is usually the meal which takes most of our attention for to avoid monotony we feel the need of varying the menu from day to day. Family likes and dislikes vary with each household; so do appetites, and our meals must be planned to fit our own pocket-book. Turn to p. 191 for every-day menus which we hope you will find useful in planning your meals. We have included menus for vegetable dinners and luncheons, oven-meals, that is meals most of which may be baked in the oven and meals which make full use of the broiler.

Meals of One Course or More—We are in the habit of thinking of meals in the form of courses. We often hesitate to serve the simplest home luncheon or dinner in less than two courses. For the main course at dinner the general custom is to have meat, fish or a meat substitute with two vegetables, with a dessert and sometimes a salad or a soup. Yet when asparagus is at the height of its season many families would really welcome a meal of asparagus on toast with little, if any, attention given to dessert. A mixed grill from the broiler of bananas, tomatoes and well-seasoned meat cakes or chops is often a "full meal" even for hungry folk. A savory stew rich in vegetables is satisfying and moreover is well "balanced" as to food value and might well form an entire luncheon or dinner. On hot days a bowl of salad, containing meat or fish or hard-cooked egg or cheese, as well as a salad green, may suffice for either luncheon or

dinner. Crackers and cheese may accompany it to complete a simple but satisfying meal. A chowder made with milk, a cream soup or a puree of split peas, with crackers or bread, may well form a satisfying luncheon or may be served as one of two courses at a simple dinner. Many are the interesting baked casserole dishes we can prepare by consulting our refrigerator, dishes that may form either the entire meal or the main part of it. (See the index for delicious casserole dishes.) A steak or chops and a bowl of salad often leave little desire for dessert beyond the usual cup of coffee. Can we not, in planning our meals, get away more frequently from the thought that we must always have more than one course, or several dishes at any one course? If we can, meal planning as well as meal making may cease to be the bug-bear and time-consumer it now is to many housekeepers.

Substitutes for Meat and Potatoes—There may be some who still feel that a dinner should offer meat and potatoes with fish substituted for the meat once a week, preferably Friday. Most of us are getting away from this practice, however, and serving vegetable dinners now and then, that is, two or more vegetables as a main course. We are also using cheese dishes and various combinations of food baked in a casserole as a main dinner dish as well as a main luncheon dish and we are serving fish any day in the week and several times a week if we prefer it.

Macaroni, or spaghetti, or rice sometimes take the place of potatoes but we are learning to avoid the serving of two starchy dishes at the same course, dishes such as hominy and potatoes, macaroni and potatoes or baked beans and potatoes.

A dish of macaroni and cheese or rice and cheese is a substitute for both meat and potatoes and therefore should not be served with a meat and potato course. See p. 191 for every-day menus of various types.

Meals that Keep Us Fit

Our Changing Food Habits—Within a very few years our food habits have changed greatly and we hope for the better. We are eating more fruits and vegetables, we are drinking more milk and we are becoming more interested in planning or choosing meals that will keep us fit. We are hearing much about the *vitamins* in our food for scientists have found that growth and health never can be at their best without these important substances. We are therefore interested in finding out what foods supply these—fruits and vegetables, whole grain cereals, butter and milk. We have found that it is a good thing to eat raw fruit or vegetables, or both, every day to capture the C vitamin which cooking destroys and we are learning

the value of a varied diet. We are eating simpler and lighter meals and there is less feasting, while the salad knows no sex—it is a man's dish as well.

There is still a tendency though to eat too fast and too much and not to take enough exercise out of doors. To eat leisurely is to eat less and to take time for really chewing our food. Cheerful conversation, plenty of good talk and freedom from rush and worry all tend to "let good digestion wait on appetite and health on both."

Avoiding Food Fads and "Diets"—Some strange beliefs about foods and food combinations have long persisted which are not based on fact. We refer to one on p. 11 as to acid foods producing "acidity" or acid blood. Many still believe they should not eat acid fruits and milk at the same meal, while there are those who are sure that lobster and ice cream at the same meal will make them ill. Many believe that fried foods are indigestible when as a matter of fact it depends upon how fried foods are fried. We discuss this on p. 131. Bananas have often been listed as an indigestible food but we now know that this is not true provided they are eaten when thoroughly ripe.

Vegetarians warn us to go vegetable-wise while a few years ago a diet composed largely of meat had a host of followers. There are still those who advocate a diet of raw food entirely. Others point the way to health through fasting, and we have still one-sided ready-made "diets" offered for various ills. Part of the folly of adopting any of these diets is that they are often restricted to a few foods and therefore maybe lacking in food value. Provided that we are in normal health and that we do not overindulge there are no foods we need avoid or that we cannot safely combine in one meal. *All special diets should be prescribed and supervised by physicians.*

There are those, however, who are sensitive to certain foods, after eating which they suffer in various ways such as having an outbreak of "hives" or a violent sneezing attack, similar to "hay fever". These people suffer from a "food allergy" and once they are *sure* of the offending food or foods they should avoid them.

A Simple Guide to Healthful Meals—If in planning your meals you see to it that each day they include the following foods or types of foods you may feel satisfied that you are providing healthful meals.

1. One pint of milk, as a beverage, or used in soups, sauces or desserts.
2. One serving of fruit, raw if possible.
3. At least two generous servings of non-starchy or green vegetables (such as carrots, tomatoes, lettuce, spinach, string beans, cabbage, beets, etc.). One of these should be raw whenever raw fruit is not served on any one day.

4. One serving of meat, fish or a substitute such as an egg or cheese dish.
5. Breads (including whole wheat), starchy vegetables such as potatoes, dried peas, beans, lentils, etc., cereals ready-to-serve and cooked (including whole grain), desserts, butter and cream to complete the menus and satisfy the appetite.

If any member of the family is overweight have them cut down on the foods in 5 above, especially those rich in fat, i. e., cream, butter and rich desserts such as pastry, rich cakes, ice cream, etc., sufficiently to lose weight slowly and steadily. Have the underweights drink one quart of milk a day and increase the amounts of food in 5 sufficiently to gain weight steadily. Everyone should drink plenty of water and take out door exercise every day. It is well to check up on your weight from time to time to keep the right weight according to age and height.

Following the Guide—In following this guide the actual food value of our meals can easily be kept reasonably uniform and adequate from day to day. It does not speak of "carbohydrates" or "proteins" or "vitamins" or any of the "minerals" found in food, but it does speak of the foods which supply these. But follow this guide as an *adventure* in right eating rather than a task to be undertaken! And remember that it is not as important that each meal is "balanced" as to food value as that the meals of the day, or even the week, average up well in supplying the foods in our guide to healthful meals.

Avoiding an "Acid Diet"—Acidosis, a condition of which we hear a great deal, is an acid condition of the blood, and must not be confused with an acid condition of the stomach. Acidosis is often due to a faulty diet. The average American diet is apt to be made up of foods which leave an acid "ash" in the blood after they are burned in the body. To keep the body in good health it is necessary to maintain a slightly alkaline condition of the blood. This may be done by following a neutral or slightly alkaline diet and avoiding an excess of acid-producing food.

Among the foods which are acid-forming we find *meat, fish, eggs, poultry, cereals, crackers* and *bread.* We must balance these foods with adequate amounts of alkali-forming foods such as *vegetables, fruits* and *milk,* and with neutral foods such as butter, cream, lard, sugar, cornstarch and tapioca, if we wish to avoid acidosis. Many still believe that *acid tasting* foods such as oranges and tomatoes make the blood acid. On the contrary, these foods help to avoid this condition.

Meals for Reducing in Weight—Control your calories and you can control your weight! You can lose weight by eating fewer calories, and it is possible to do this without causing your family any inconvenience or asking them to change from the menus which they are in the habit of serving. You can select the desired *amounts* and *kinds* of food from the regular family meals.

Meals for reducing should be built around one pint of milk from which the cream has been removed. They must also be rich in the vegetables and fruits which supply the body with minerals and vitamins and they must be low in fats in order that the body fat may be used for fuel instead. Of course, all rich desserts, pastries, candies, etc., are absolutely *taboo!*

That "empty feeling" must be satisfied without adding many calories. This feeling is not a plea for needed food but is a demand for the stomach to be filled up to its usual mark at the regular time! Here is where double portions of bulky but low calorie food, such as lettuce, tomatoes, spinach and other greens, cabbage, asparagus, etc., come to the rescue. A cup of clear tea or broth between meals helps to satisfy hunger without adding calories. Never forget though, that meals for reducing must not keep narrowly to two or three foods. This is not a safe practice for such meals are very likely to be lacking in some way in adequate food value.

Mayonnaise made with mineral oil in place of salad oil may be used in a reducing diet on a physician's advice for it provides a dressing similar to mayonnaise, but low in calories.

Meals for Gaining in Weight—Many things interfere with putting on weight, because so often underweight goes hand in hand with poor appetite, a small capacity for food and constant fatique which makes eating seem too great an effort. Because of these things it is better to eat several meals than to try to cram down large amounts three times a day. Remember that milk, fruits and vegetables must not be sacrificed even though their calorie value is not so high as some other foods. Nourishing drinks containing malted milk, eggs, whole milk and cream are easy to get down and are rich in nourishment. Begin to increase the quantity of food slowly, adding more gradually day by day. Milk sugar is excellent for sweetening beverages, since it is not as sweet as cane sugar but adds many calories.

Meals for the Children

The First Solid Food for the Baby—The baby's first solid food should begin at the end of the first year and should be added to the former liquid diet in small amounts to be increased gradually. Well-cooked cereals, strained through a sieve, but with no sugar added;

one half to one egg yolk daily, mixed with one or two tablespoonfuls of smoothly mashed baked potato; strained orange juice of course or tomato juice instead and gradually other kinds of fruit juice and fruit pulp, mild in flavor, such as prune and apple; moderate amounts of mild-flavored cooked vegetables, such as spinach, carrots and green peas always pressed through a fine sieve and puree vegetable soups made with milk. A stale crust for tooth exercise should not be forgotten but *do not offer "tastes" of the family meal.* Keep the baby to very simple fare.

The *hours for meals* are of course important. These should be planned so as not to interfere with the child's nap, his bath, and his hours out-of-doors.

Toward the End of the Second Year—The child should now begin to have food that has not been strained. In general *each day's meals should include:*

1. One quart of milk, either as a beverage, on cereals, or in soups, custards, etc.
2. One egg, either soft-cooked or in custards and other simple dishes.
3. Cereals at least once a day, preferably twice, usually hot and whole grain, with now and then other hot or ready-to-serve cereals for variety.
4. For tooth exercise, stale crusts, toast or hard crackers.
5. A green vegetable every day, with spinach, tomatoes, baked or mashed potato and cooked cabbage with grated or finely minced raw vegetables in small amounts used as a sandwich filling.
6. Orange or tomato juice and cooked fresh fruit. Raw fruit after the fifth year.
7. Little meat until the sixth year and then in moderate amounts. Tender chicken, lamb, lean beef, mutton or baked fish are best. Serve meat or fish at the noon meal, not at night.

Encourage drinking of water. There should be a steady increase in weight; check up on this. Keep the meals simple and at regular hours with plenty of out-of-door exercise and long hours of sleep.

At Ten Years—The meals may now be much the same as those for grown-ups *provided the grown-ups are eating what they should!*

But don't serve the children coffee or tea and make every effort to avoid a free indulgence in candy and "piecing" between meals. "Feed a growing child properly and you have made a good citizen". This is a broad statement but how many are handicapped through their entire life because they did not get the right meals as children. Every mother assumes the responsibility of determining to a great extent the future health of her child.

The Lunch Hour at School—In nursery schools, kindergartens, and in the lower grades of many schools a simple mid-morning lunch of graham crackers and milk is provided.

When, for one reason or another, children can not go home to lunch, a lunchbox must accompany them to school. Needless to say, the lunchbox should be packed carefully and attractively. Let your daughter or your son learn to prepare and to pack it, using wax paper, paper cups with covers, a thermos bottle, and gay paper napkins.

Sandwiches are easily made and easily carried and there are many kinds of nourishing and flavorsome fillings for these, such as peanut butter, cheese, lettuce, hard-cooked egg, chopped dried fruits such as raisins, dates, or figs, cooked prune pulp combined with ground nut meats, finely chopped raw vegetables in many combinations. For older children, chopped meat is permissible. Crisp celery, a whole tomato, an orange, apple or ripe banana will carry easily.

Milk, of course, either as a beverage or in cream soup, vegetable chowder, or weak cocoa, can be carried in a thermos bottle. Compact lunchboxes provide a place for a small thermos bottle.

Salads of fruits or vegetables may be packed in paraffined cups with tight-fitting covers. Plain cake, one or two plain cookies, a baked custard in a custard cup, or some dates are all acceptable.

Fortunate is the child whose school provides a cafeteria directed by a woman especially trained in nutrition and lunch room management where a healthful lunch, carefully planned, prepared and served, awaits him daily. In some cities a director of school lunch rooms is employed by the Board of Education, for the supervision of the lunch room service in all the schools.

Unfortunate is the child in a school where the lunch room is managed by an unscrupulous concessionaire who provides chiefly "hot dogs", "pop", dill pickles, chocolate bars, and "loose" milk instead of bottled milk for the daily luncheon menu.

The women citizens of any town or city should realize that *the school lunch is a civic problem*, and that the solution of this problem is to a great extent their responsibility.

Meals When We "Eat Out"

Each year the proportion of people who eat one or more of their meals in restaurants, tea rooms or hotels is increasing. Choosing food is a harder proposition for those who "eat out" where variety is bewildering than for those who eat at home, where a wise home-manager plans their well-balanced fare. When you are in a hurry, do you not too often rapidly dispose of a ham sandwich, hot coffee

and ice-cold soda when a "vegetable plate" or a salad in summer, whole wheat toast and a glass of milk would take no longer?

People who do not eat at home need some simple guide which they can use as a check to assure themselves that they are ordering foods that make up an adequate diet. They can find that guide on p. 10. It can be used for *choosing* meals as well as for *planning* meals.

It is also of the utmost importance that the person who dines out should assure himself of the character of the place where he eats. Places where an inferior quality of food is bought and where cleanliness does not rule, are, unhappily, still numerous. When you are doubtful, stay on the safe side, which is the outside!

The home-manager who has one or more of her family away from home for the noon meal has still another problem to meet. She cannot be sure what foods will be chosen on the spur of the moment, but she can plan her breakfast and dinner menus with their welfare in mind. A few questions on her part will reveal their luncheon habits and help her with her own meal plans.

Meals for the Whole Family

The Family Table—Some mothers with young children feel that they should prepare two sets of meals, one for the children, the other for the grown-ups. This often means much extra work. In some homes the children eat at a separate table but if, as a youngster, you had the privelege of taking your meals at the family table and listening in on the good talk which developed there, do you not feel that the experience was something to be cherished? It was also a more pleasant experience to acquire good table manners by imitation rather than instruction!

Some parents may feel that if the children eat with the family it is more difficult to keep control over what they eat but if, from the beginning, there is an understanding, gently but firmly established, as to what they may have and what not, there is usually little trouble later, for they do not have the chance to acquire a taste for the foods that for them are *taboo*. Furthermore, if the grown-ups have a healthful diet, there is no great difference between their meals and those for the children.

Some Changes Easily Made for the Children—Cereals, fruit, fruit juices and eggs can be served to the whole family although if eggs are ever fried for the grown-ups the children should have theirs cooked in the shell, poached or scrambled. When the children pass six they may have a little more of any meat on the menu, except pork, but without rich gravy. Any highly seasoned dish or sauce is, of course, not for them.

All simple desserts are acceptable for the children. When a fruit pie is served the children may have some of the fruit *cooked separately* for them. It is also a simple matter in making a custard pie to make, for the children, baked custards in custard cups, with part of the filling, while in making pies with lemon or any cornstarch custard filling some of this may be put into sherbet glasses for the children. *But do not expect any child to accept cheerfully some filling scraped from a piece of pie!*

In making a layer cake to be iced, use some of the batter for small cup cakes with added raisins or chopped dates for the children. Drop cookies, not rich, with fruit in them can be served to all.

Meals that Fit Our Pocket-Book

Keep Account of What You Spend—In fitting our meals to our pocket-book, it will help greatly to begin by keeping an itemized account of everything spent for food for one month. At the end of the month total up the food bill. Is it more than your budget allows? Some feel that only *twenty-five per cent* of the income should be spent for food. When the income is very small it is not easy to keep food costs down to one quarter of the income. As it grows larger it may be easy to keep food costs less than twenty-five per cent of the entire income.

Live on a Budget—If you have made a budget you at least know that if you have overspent the amount you had set aside for food, you must either spend less on food next month or decrease the money set aside for other things. If you decide to lower your food bill, plan your meals ahead and work in more inexpensive dishes. Take time, now and then, to go out and find what your markets offer.

The Cheaper Foods—Dried beans, peas and lentils, baked or in purees, the cheaper cuts of meat (brisket, lower round, chuck, shoulder, flank, etc.), most fish and cheese, are comparatively inexpensive tissue building material. (See delicious recipes for preparing the cheaper cuts of meat, beginning with p. 75.) Cheese, milk, dried beans, baked potatoes, cabbage, the root-vegetables and spinach in season are comparatively cheap sources of some or all of the minerals so necessary in our diet. (See index for some of the delicious recipes for these foods given in this book.) Canned fruits and vegetables are good substitutes at a moderate cost for any out of season fruits or vegetables. (See the Institute method beginning on p. 40 for preparing both fresh and canned vegetables for full food value and flavor.) Breakfast cereals, macaroni dishes, rice dishes,

dried fruits well cooked, bananas, raw or cooked, should find a place in your meals.

Meals Just for Two

Some beginners in cookery seem to feel that in cooking for two there are certain dishes they cannot have. A roast, so they say, is impossible to use up without having it in various forms all week. But it is not necessary to get a large roast. Small Delmonico roasts of two pounds or over will cook well; so do prime ribs, especially when rolled. A small pot roast from the lower round, of two pounds or more, or a piece from the flank or chuck will braise to a delicious tenderness, smothered in vegetables in a small Dutch oven or in a casserole in the oven.

Any Recipe Can be Divided to Make the Required Number of Servings. A large layer or loaf cake need not be made. Small loaf pans and layer cake pans are available and half or even a quarter of the regular recipe may be used to suit these. If half a recipe requiring one egg is used, such as in making muffins, it is better to use the whole instead of half an egg and reduce the milk or other liquid by two tablespoonfuls in order to keep the batter the right consistency. Most canned foods are now put up in cans of various sizes to suit different needs, the *number one* can holding one half pint or one cupful, the *number two* can holding one pint. And a good refrigerator is invaluable since it keeps in good condition any perishable foods and left-overs.

Time-Saving Meals

Preparing Ahead—Preparing even a simple meal is not one simple operation. There is the table to set, the cold dish or dishes to prepare and hot dish or dishes to cook, with one or more requiring last-minute attention and all to be ready at a stated time, the hot foods hot and the cold foods cold.

To have all this go smoothly means *management* which in turn means planning ahead until, with much practice, we do most of the work rather automatically and with more speed and skill.

In planning the meals as a beginner in housekeeping, especially when having guests, select only those dishes you know you can do well and avoid having two dishes that need much last-minute attention. In using the broiler, plan to broil most of the hot course. (See p. 195 for suggestions.) When using the oven, bake as much of the meal as you can for this saves fuel and the meal is easy to manage and serve, since the food is served piping hot in the baking dishes. (See p. 196 for suggestions for "oven meals".)

As we have already advised, plan your menus two or three days ahead and with these before you make up your market list, checking up on your staple supplies, to avoid last minute telephone orders or trips to the store on finding that the baking powder can or the sugar jar is empty.

Most dishes for lunch or dinner can be prepared when the morning work is being done. Casserole dishes, ready to put in the oven, salad materials, fruit cocktails, cold dessert—all may be made and put in the refrigerator in the morning. Biscuits and muffins may be made and reheated before serving or the dry ingredients may be sifted and put in the refrigerator ready to add the liquid. Even cream soups may be made, cooled, put in the refrigerator and reheated before serving. Enough salad dressing for several days may be made and kept in the refrigerator.

Especially when guests are coming, the table may be set well ahead and be sure that the linen, china and cutlery are all ready, with the salts and peppers and sugar bowl filled. Even the cream may be turned into the pitcher and set in the refrigerator, any dishes of relish filled, the flowers arranged and the drinking water set to chill.

The Last Half-Hour Before Serving the Meal—Serving dishes should be put in the warming oven or, if there is no warming oven, in the oven of the range still warm after being used. If the oven has not been used, it may be heated to about 300° F., the heat turned off, and the dishes put in. If an oven meal is cooking and there is no warming shelf or closet, the serving dishes may be placed in a large pan of very hot water with two towels ready to wipe them quickly as they are taken out of the water. Covered vegetable dishes, some having compartments, now come in heat-proof glass and are convenient because there is no danger of overheating them. Casserole dishes are easy to serve and greatly simplify the last half-hour.

A service-wagon is a help in serving a family meal or an informal meal, for it there is only one hot course, the entire meal may be placed on the wagon and served from it. This wagon also provides a place in the kitchen for setting dishes ready to go to the table.

Wash up as you go, to avoid the fatiguing effect of working in crowded spaces and of having disorder in the kitchen. To keep the sink clear for the soiled dishes after the meal, leave on the range the last pots and pans used. Fill them with water to make them easier to wash.

Meals Business Housekeepers Can Make—When one holds a position outside the home and still wishes to "carry on" in the home with the help of a part time worker, or probably no help at all, compromises, of course, must be made. Meals must be kept simple and

they cannot take long to prepare. Breakfast is usually easy to prepare for it varies less than the evening meal and a routine for making breakfast can be easily established. On Sunday mornings one has time for any "specials" such as waffles.

Dinner is a different matter for we crave variety. We do not wish to be limited to chops and steaks and mixed grills. There are times when we long for a good old-fashioned pot roast or a stew even though these take rather long to cook. If we have a good refrigerator and if we *plan ahead* there are few things we cannot have. Let us suppose that we want a stew. When we are "clearing up" after the evening meal we can prepare the stew and put it on to cook if we are not going out for the evening. Or if we have an electric cooker, we can preheat the cooker and put the meat in before we go out. On returning remove the stew from the cooker, cool, put in refrigerator and next evening on return from business it will not take long to finish cooking it. If we wish to have a favorite casserole dish for dinner, such as on p. 79 this can be prepared just after dinner in the evening or the next morning, if we are early risers, then put in the refrigerator and it is ready for the oven on our return in the afternoon.

Modern canning has brought many delicious dishes that can be quickly prepared, including whole chicken, squabs, fish in various forms, whole ham and other meats and a variety of soups.

Modern equipment has brought new conveniences in time-saving methods of cooking which the business housekeeper may take advantage of. There are electric cookers, and utensils often called "cookers" in which more than one dish may be cooked at a time. And many of the electrical devices for cooking at the table, toasters, waffle irons, etc., now have heat controls, so that they do not need to be watched during the cooking period.

A *pressure cooker* is excellent for "speeding up" the cooking, for owing to the high temperatures possible the cooking period can be cut down. (See p. 23 for the cooking periods for typical dishes.) With the better broilers on kitchen ranges there is little smoke in broiling. A mixed grill makes good use of the broiler and takes a short time to prepare. (See p. 195 for interesting combinations for these grills which may also be done in a skillet on top of the stove. With the heat controlled ovens, it is easy to prepare an "oven meal", that is, a meal most of which is cooked in the oven. (See p. 196 for menus.)

Keep stocked up in food staples by a weekly checking of your supplies. Perishables can be ordered a day or two ahead and kept in the refrigerator so *plan your meals two or three days ahead*, make out your market order, telephone it or give it in person on your way to or from work. Just before leaving in the morning, take a look in your refrigerator to see if anything needs to be ordered for dinner.

And turn to p. 10 for a simple guide to healthful meals so that you may be sure your meals are adequate in every way and that the lunch you choose "fits in" with your other meals.

Dinner After a Late Return in the Afternoon—Much the same plan as outlined above will meet your needs if you must hurry up dinner, following an afternoon away from the house. It simply means planning beforehand as to what we can do in the time we have for preparing a meal. It also means ordering perishable supplies ahead and keeping stocked up in staples.

Meals Out-of-Doors

Cross country motor trips continue to grow in favor for vacationing, and the motorists themselves range from enthusiastic campers, who take along complete camping outfits, to those who wish to be entirely free from camping, even from picnic meals. Sporting goods houses are increasingly catering to the needs of campers in the form of camping outfits more or less elaborate, while tourists camps are providing cooking facilities.

However, for those motorists who only wish to have some of their meals in a quiet spot in the country, a very simple outfit will be quite adequate. A simple camp cooking outfit is supplied with some of the small stoves burning solid alcohol and there are motor baskets which supply both cooking utensils and serving dishes in compact form. These often include thermos bottles. If for a change a camp fire for broiling steak or chops in a wire broiler is built in a safe and suitable spot every precaution should, of course, be taken before "breaking camp" to make sure that not an ember is left burning.

In preparing meals out-of-doors along the way, such foods as bacon, sausages, eggs and mushrooms are easy to cook in a pan over a small stove and canned soups and canned foods of all kinds lend themselves to motor meals as they can so easily be heated. Moreover these foods are usually obtainable all along the way, so that a supply need not be carried.

If one wishes to avoid cooking of any sort, thermos bottles may be filled with hot coffee or cocoa, cold milk or hot soup before starting off in the morning. For thick soups, thermos bottles with a wide mouth are preferable. A thick canned vegetable soup heated with an equal quantity of milk makes a delicious and satisfying chowder which will prove a favorite.

Need we write of *picnics!* Is that not a subject about which each one of us has his or her pet ideas? To some a picnic means a camp fire for cooking steak or chops or bacon or toast in a wire broiler or

on a grid, while there are those who wish to pack the entire meal into the picnic basket, ready to serve, with thermos bottles for hot soup or coffee or any hot or cold drink. So many things besides sandwiches can be carried in the picnic basket, from cold meat and fowl to salad and cake or any dessert that can be held in a glass or cardboard container or wrapped in waxed paper, parchment or moisture proof glacine paper. Thermos bottles with a wide mouth not only carry thick soups conveniently but ices and ice cream as well and motoring has brought picnic baskets with very complete fittings for the serving of picnic meals. Many of the recipes given in this book hold possibilities for picnics.

A Word About Left-Overs

One of the most important things to know about the use of left-overs in cooking is to avoid having any! However, it is not always possible to imitate the Spratt family in "licking the platter clean" so in discussing the cooking of various foods in the following chapters we have indicated ways for using left-over portions of these foods. In our thrifty moments we often tuck away in the refrigerator "dabs" of left-over foods and promptly forget about them until we come upon them later, dried out or covered with mould. This is not good for the refrigerator. If at any time we have very small portions of food left over it is wiser to plan at once for their use. Otherwise consign them to the garbage can before they spoil.

The Part the Kitchen Plays

Select Approved Equipment—For over twenty years Good Housekeeping Institute has been testing household equipment for the purpose of building up a buying guide for housekeepers. In selecting new equipment for your kitchen send fifteen cents for our list of "Household Devices Tested and Approved" to Good Housekeeping Bulletin Service, 57th Street at 8th Avenue, New York City; or we will send you, free of charge, separate lists of approved ranges, or refrigerators or any other type of equipment.

Convenience in the Kitchen—A kitchen equipped to meet your needs and this equipment placed at a comfortable working height and arranged in a step-saving way, goes far in making kitchen work run smoothly.

The use of built-in kitchen units, including the kitchen cabinet, with cupboard space and work table, the sink and sometimes the refrigerator is increasing. Even the range is included in some of these units in smaller kitchens. The kitchen cabinet unit often includes a cupboard for cleaning supplies. The cabinet should also

have space for storing the utensils and devices not in daily use. Many prefer to have those utensils in daily use on hooks screwed beneath a shelf beside the range and beside the sink, using the shelf itself for supplies needed at range or sink.

Modern sinks are installed at a comfortable working height of thirty-six inches or higher. In washing dishes by hand it is time-saving and sanitary to have a wire dish drier in which the dishes may be rinsed and left to dry. A flexible rubber hose with a spray head, the hose attached to the hot water faucet, is convenient for rinsing the dishes. And sinks with electric dishwashers may now be had. A small table on castors or a wheeled service wagon is a step-saver in the kitchen.

There is a growing tendency to use the refrigerator the year 'round and to appreciate the value of a good refrigerator of adequate capacity as part of the kitchen equipment, either iced refrigerators or automatic refrigerating units.

A comfortable kitchen is a well-ventilated one. Windows for cross ventilation or an electric fan mounted in the window or built in the outside wall or a portable type fan will all aid ventilation. Good lighting is important and lighting fixtures should be so placed as to cast no shadows on the work. There should also be service outlets for operating any electrical devices needed.

The Kitchen Range—Oil, gas and electricity are the fuels used in cooking today, depending upon the cost of the fuels available in each locality. Oil ranges now come with built-in ovens, while the insulated oven is a recent development in gas ranges. The convenience of the heat-regulated oven on gas and electric ranges is being more and more appreciated while better broilers are appearing, broilers that cause little smoke in broiling. On p. 196 you will find suggestions for meals that make full use of the oven while on p. 195 are given menus that use the broiler to advantage. Good portable broilers are also to be had for use on oil ranges and surface burners. Gas ranges can be had with both open and solid tops. Each has its virtues.

The Kitchen Utensils—Kitchen utensils are more and more catering to our needs. Stainless steel cutlery is now widely used, with no need for scouring, and knife sharpeners, requiring little skill to use, encourage sharp knives. Good can openers are easy to use and leave no jagged edges. Paper towels, parchment paper, wax paper, moisture-proof glacine paper and paper baking cups find many uses in the kitchen, while heat-proof baking dishes and casseroles make it easy to serve food piping hot.

Electric toasters and waffle irons can now be had with automatic heat controls, and so avoid the bother of constant watching.

Sandwich toasters and better types of electric table stoves are becoming popular, while there is an increasing use of electric coffee-making devices.

Cookers—There are now in use many utensils called "cookers". One type consists of a large container, with two inset pans and rack for these so that several dishes in fact most of a meal may be cooked at one time, over the burner. Some of these are called "waterless cookers" since because of a special base and a tight fitting cover very little water need be used in cooking. For the same reason some are called "health cookers". There are also electric cookers. These are insulated with small escape of heat through radiation. In another type, the steam pressure cookers, foods are cooked under steam pressure and at temperatures higher than the usual boiling point. These cookers are used for canning and they also shorten the cooking period for any food. For example, a stew of beef or chicken will cook in about 40 minutes, a pot roast in 50 minutes, rice in 15 minutes, beets in 20 to 30 minutes and a shoulder of ham in 65 minutes.

Methods of Cooking

We often find in recipes words that we do not clearly understand. Some of these refer to methods of applying heat to food, others to methods of mixing ingredients in a recipe or to some special process in cooking. We are giving here a few of these terms for the benefit of those who may not be familiar with some of them.

Baking is cooking in an oven.

A boiling liquid is one brought to a temperature of 212° F. at sea level. At this temperature bubbles are rising and breaking on the surface of the liquid.

Braising is a combination of steaming and roasting the tougher cuts of meat through adding water to the roasting pan. Very often vegetables are cooked around the meat.

Broiling is cooking on a broiler.

Fricasseeing is a combination of sautéing and simmering and is often used for fowl and in making stews. The meat is first sautéed to brown it, then water is added and the cooking continued below the boiling point.

Frying (deep) is cooking food by immersing it in hot fat. (See p. 131.)

Pan broiling is cooking steak or chops in a skillet without any added fat.

Pot roasting is really braising meat on a surface burner in a Dutch oven or other suitable utensil.

Roasting is cooking meat in an oven without any added water in the pan.

Sautéing is cooking food on a griddle or skillet with just enough fat to cover the surface of the utensil and brown the food.

A **simmering** liquid is just below boiling point, between 180° F.—200° F. and the bubbles are breaking just below the surface making a slight motion over the surface.

Steaming is cooking in steam from boiling water.

Waterless cooking, so-called, is cooking in a very small amount of water, just enough to keep the food from burning.

Other Cookery Terms

Basting is keeping food moist while cooking by pouring at intervals a hot liquid over the food, such as pouring the melted fat now and then over meat while roasting it or pouring spoonfuls of hot water from the pan over eggs while poaching them.

Folding is used when whipped cream or stiffly beaten egg whites are combined with mixtures such as gelatine creams, cakes, etc. To preserve the fluffiness caused by the beating in of air, the whipped egg or cream is carefully piled on top of the mixture into which it is to be folded and the mixture is then gently lifted in layers over and over the beaten eggs or cream, in various directions, until all is evenly mixed together.

Larding is putting long narrow strips of fat (salt pork or bacon) into lean meat or fish in roasting or baking it.

Marinating is mixing vegetables or other foods with French dressing.

Searing is forming a coating very quickly on food by heat. In roasting or broiling a high temperature at first forms a coating on the surface of the meat to keep the juices in. In frying (deep fat) the fat must be hot enough to at once form a coating on the food to keep the fat from soaking in.

Weights and Measures

Measuring has, to a great extent, taken the place of weighing in home cooking. The standard one-half pint measuring cup is coming into general use and Good Housekeeping Institute approves only those cups measuring one-half pint with an accuracy that makes for

uniform results in cooking. *Level measures* in cups, tablespoons and teaspoons also control results. All the recipes in this book call for level measures, and approved cups measuring one-half pint.

Table of Measures

3 teaspoonfuls = 1 tablespoonful
16 tablespoonfuls = 1 cupful
2 cupfuls = 1 pint
4 cupfuls = 1 quart

Abbreviations—Throughout this book we have used *tsp.* for teaspoonful, *tbsp.* for tablespoonful and *cup.* for cupful.

When Weights are Given—The recipes in this book gives measures not weights but you may find other recipes with weights. If so it is useful to know that:

½ lb. butter = 1 cupful
1 oz. butter = 2 tablespoonfuls
1 oz. grated chocolate = 1 square or 5 tablespoonfuls
1 lb. flour = about 4 cupfuls
1 lb. sugar = 2 cupfuls

Tea, Coffee and Cocoa

General Directions for Making Coffee—Buy coffee in reasonably small quantities, that is, not more than a week's supply. If bought in the bean, grind only as used. Use 2 level standard measuring tablespoonfuls of ground coffee to 1 standard measuring cupful of water regardless of the method. Serve coffee as soon as made, or keep over low heat, and never let boil. Keep coffee-making appliance clean, well aired and free from the odor of stale coffee. Keep coffee-pot open whenever possible and scald each time before using.

DRIP COFFEE

Preheat drip coffee-pot by filling with boiling water. Pour this off, put finely ground coffee (drip grind) in proper compartment. Add freshly boiling water and allow it to drip through. Remove the coffee container, cover the pot and serve at once. If the coffee cannot be served immediately place the container over low heat. If cloth bag is used rinse well after using and let the bag stand in cold water for several hrs.

PERCOLATED COFFEE

Use coffee of medium grind (steel cut). Place coffee in proper compartment and pour freshly boiling water, in bottom of percolator. Percolate 7 min. beginning to count time when the liquid

which comes through the tube shows discoloration. Remove strainer as soon as percolation is completed, as the grounds absorb flavor and aroma. Then serve.

BOILED COFFEE

Use coffee of medium grind (steel cut.) For each 3 servings, mix 4 tablespoonfuls of coffee with 2 tablespoonfuls of beaten egg. Add ¼ cupful of cold water, stir and add 1¾ cupfuls boiling water. Put over fire and bring to a boil. As it begins to boil up, stir down to keep it from boiling over. As soon as it actually boils, remove from fire and allow to settle from 3 to 5 min. Pour at once from grounds. Serve immediately. The egg helps to produce a clear coffee; crushed egg shell may also be used for this purpose.

ICED COFFEE

Fill tall glasses one-half full of ice. Put 2 tbsp. of cream in each glass and pour over freshly made hot coffee. Serve with powdered sugar and a bit of whipped cream.

General Directions for Making and Serving Tea—Scald the tea-pot with boiling water. Pour off this water and add tea according to strength desired. Pour over it freshly boiling water in the proper quantity. Let stand where it will keep warm, not hot, from 3 to 5 min. and serve immediately with cream, milk or lemon and sugar. Keep tea in an air-tight container.

ICED TEA

Make hot tea as above, using 3 to 4 tsp. of tea for each pt. of freshly boiling water. Fill iced-tea glasses about one-half full of ice and pour over freshly made hot tea. Serve with lemon in slices or eighth sections or orange slices. 1 tbsp. of lemon or orange juice may be added to the tea. The flavor is finer by chilling the hot tea quickly but good iced tea may be made by making strong tea in advance and chilling it. Add ice and cold water to serve.

HOT COCOA

2 teaspoonfuls cocoa	¾ cupful scalded milk
¼ cupful water	1 to 2 teaspoonfuls sugar as desired
Few grains salt	2 drops vanilla

Combine cocoa, sugar, salt and water. Boil 2 min. Add the scalded milk and heat. Beat a few seconds with an egg beater. Add the vanilla and serve. Serves 1. The flavor is improved if cocoa is cooked at least 10 min. after adding milk.

For Hot Chocolate, add 1½ to 2 tsp. grated chocolate to sugar and salt and melt in a saucepan before adding water. Continue preparations as for **Hot Cocoa.**

Iced Cocoa or Chocolate—Fill tall glasses one-half full of ice. Pour freshly made hot cocoa or chocolate over ice. Garnish each with 1 tbsp. of whipped cream, or make chocolate in advance and chill in refrigerator. Add ice to chilled chocolate and serve.

Milk Beverages

VANILLA MILK SHAKE

2 teaspoonfuls sugar ¼ teaspoonful vanilla
1 cupful milk

Shake well and serve at once. Serves 1.

For Orange Milk Shake, substitute ¼ tsp. orange extract for vanilla, or omit extract and add 2 tbsp. orange juice.

For Coffee Milk Shake, add 2 tbsp. strong coffee.

For Chocolate Milk Shake, add 2 tbsp. chocolate sirup to ¾ cup. of milk and 2 tbsp. chopped ice. Shake well and serve.

CHOCOLATE SIRUP

1 cupful boiling water 1½ cupfuls sugar
1 ounce cooking chocolate 3 tablespoonfuls vanilla

Add boiling water to chocolate and stir well. Add sugar and boil 3 min. until thoroughly blended. Cool and add vanilla. Use as needed.

MALTED DRINKS

For plain and chocolate malted drinks follow directions on package.

Iced Fruit Drinks

AMBROSIA

Juice of 3 oranges 1 slice pineapple, chopped
Juice of 1 grapefruit ½ cupful shredded cocoanut
Juice of 1 lemon 5 chopped maraschino cherries
¼ cupful pineapple juice ½ cupful sugar
3 cupfuls water

Combine the sugar and water and simmer 5 min. Cool. Meanwhile combine the orange juice, grapefruit juice, lemon juice, pineapple juice, maraschino cherries, chopped pineapple and cocoanut. Add the sugar sirup, chill and serve. This recipe makes about 3 pts.

GRAPE PUNCH

1 cupful grape juice — 6 tablespoonfuls lemon juice
½ cupful orange juice — 6 tablespoonfuls sirup
1 cupful water or charged water

Combine ingredients, add ice, chill and serve. This recipe makes 4½ cups. For Sirup allow 1 cup. sugar to ½ cup. water and boil 5 mins.

Variations—

1. Use lime juice for part or all of lemon juice.
2. Add ½ cup. strong tea; or 1 cup. ginger ale.
3. Add ½ tsp. cinnamon, 36 whole cloves and ⅛ tsp. nutmeg which have been boiled together in the water 5 min. Strain before adding.
4. Use tea as the basis instead of water.
5. Use 1 cup. cooked cherries and juice instead of grape juice and add ½ cup. pineapple juice.
6. Garnish with desired sliced fruit or sprigs of mint.
7. Use cider instead of orange juice and decrease lemon juice to 4 tbsp.

GRAPEFRUIT PUNCH

1 cupful grapefruit juice — ¼ cupful cherry juice
¼ cupful orange juice — ¼ cupful sirup (see Grape
2 tablespoonfuls lemon juice — Punch, p. 28)
1 cupful water or charged water

Combine ingredients, add ice, chill and serve. Makes 4½ cups.

Variations—

1. Use lime juice for all or part of lemon juice.
2. Add ½ cup. strong tea or 1 cup. ginger ale or both.

CURRANT PUNCH

1 cupful sugar — Juice of 3 oranges
2 cupfuls water — Juice of 1 lemon
2 cupfuls currant juice

Combine the sugar and water, simmer for 5 min. then cool. Meanwhile combine the currant juice, orange juice and lemon juice. Add

sirup, chill and serve. If currant jelly is used, whip 2 cups. to a froth, add 1 pt. of boiling water, ¼ cup. of sugar, the juice of 3 oranges and 2 lemons. Chill and serve diluted with mineral water or ice-water to taste and garnish with halved slices of orange. This recipe makes about 3 pts.

RASPBERRY PUNCH

1 cupful cooked raspberries and juice
½ cupful orange juice
6 tablespoonfuls lemon juice
¼ cupful sirup (see Grape Punch, p. 28)
1 cupful water or charged water

Combine ingredients, add ice, chill and serve. Makes 4½ cups. If fresh berries are used, crush and press through a sieve and use an additional 5 tbsp. of sirup.

Use strawberries, blackberries or loganberries instead of raspberries.

SPICE CUPS

2½ cupfuls orange juice
1 cupful pineapple juice
2 cupfuls water
6 whole cloves
½ teaspoonful grated nutmeg
½ cupful sugar
Rind 1 lemon
1 tablespoonful strained honey
½ teaspoonful cinnamon
3 pints ginger ale
¼ teaspoonful allspice

Combine the orange juice, pineapple juice, water and sugar. Add the grated lemon rind, honey, cloves, nutmeg, allspice and cinnamon. Mix and let stand for 3 hrs. Strain and add the ginger ale. Stir briskly and serve in glasses containing ice. This recipe makes about 3 qts.

Milk the Foundation of Our Meals

Milk is a "protective" food and safeguards the body against deficiencies of many sorts when it is used daily in the proper amounts. "One quart of milk a day for children and at least one pint for adults", is good sound advice to follow.

Milk is milk, whether you drink it or use it in preparing other foods, such as cream soups, milk chowders, scalloped dishes, casserole dishes, and many desserts such as bread puddings, rice puddings, custards, cornstarch puddings, and many delicious milk drinks such as cocoa, malted milk, milk shakes of many flavors, egg-nogs, and drinks made from the prepared chocolate malt powders, which, added to milk, make it delicious, and even more nutritious. All through this book you will find many recipes for all the dishes and beverages mentioned above. Evaporated or powdered milk may be substituted for milk in these recipes.

Use of Sour Milk and Cream—Sour milk and sour cream are used very often in cooking and are just as nutritious as sweet milk and cream. Buttermilk may be used instead of sour milk, but its nutritive value is different, since it contains almost none of the original

fat content of the milk. It is always advisable to use milk and cream that have soured quickly and are mild in acidity, and of good flavor. If the souring process takes place slowly, the clabber may have a bitter and unpleasant flavor. In using 1 cup. of either sour milk or cream add ½ tsp. of soda and deduct 2 tsp. of baking powder from the amount called for in the recipe.

To Use Sour Cream in Place of Shortening—Sour cream may be used in the place of both fat and sour milk or buttermilk but in using it remember these proportions:

1 cup. light sour cream = ⅓ cup. fat and ⅔ cup. sour milk.
1 cup. heavy sour cream = ½ cup. fat and ½ cup. sour milk.

Recipes calling for sour milk and cream will be found in the sections on cakes, cookies, waffles, and salad dressings.

Fruits for Breakfast, Luncheon and Dinner

Fruit in Our Meals—No food claims more tempting uses in everyday meal planning than the wide variety of fruits on our market. Whether it be for breakfast, luncheon or dinner, raw and cooked fruits alike now appear as "beginnings", salads and desserts. For example grapefruit, once a breakfast dish alone, now quite properly finds a place as the first course at luncheon or dinner, or as the dessert course for either of these meals. For further reference to the use of fruits in meal planning see p. 10.

Preparing and Serving Fresh Fruit—Fruit to be served plain should always be washed and drained until perfectly dry. It should not be served cold but merely cooled as extreme chilling may impair the flavor. In paring or cutting, use a stainless steel knife as an ordinary steel knife discolors the fruit. Some fruits tend to discolor if they stand after being cut, a point to be remembered in making raw fruit salads and desserts. Lemon juice helps to prevent this. When serving such fruits individually, arrange on small plates and place on the service plate just before the meal is announced. Have spoon on the right hand side of the fruit plate. Fruit knives may be supplied if necessary. Also a finger bowl placed at the head of fruit plate will save stained table linen. This should be removed when the fruit plate is removed.

HALVES OF GRAPEFRUIT

Wash the grapefruit, dry, and cut in halves crosswise. Remove seeds with a fork and then cut around each fleshy section with a

sharp curved knife, separating the flesh from the pulpy membranes. With scissors, cut down each membrane from edge to core. Insert knife again and separate core from fruit shell. With scissors or fingertips lift the center, bringing the membrane with it, and leaving fruit sections intact. If sugar is to be added put 1 tsp. in the center of each prepared grapefruit half and let stand 10-15 min. in a cold place before serving.

HALVES OF ORANGES

Wash oranges, cut in halves crosswise, remove seeds and loosen pulp from membrane with a sharp knife. Serve cold but not chilled on small plates.

ORANGE JUICE

Juice extractors now on the market greatly simplify the extraction of a generous quantity of orange juice. Some extractors also strain out the seeds and the larger pieces of pulp, leaving the juice ready to serve. Orange juice loses its fresh flavor upon standing, so it should always be served soon after extracting. Serve in small glasses on small plates.

ORANGE SECTIONS

For a breakfast fruit as well as for desserts and salads, orange sections are frequently served. Pare each orange with a sharp knife cutting deep enough to remove every particle of membrane with the peel. Insert point of knife at stem end of orange close to membrane that divides sections. Carefully work knife in, separating membrane from section. Then carefully separate section of orange from membrane on its other side. Remove whole orange sections completely in shape and entirely free from membrane. Repeat until all sections are removed. As a breakfast or dessert dish arrange sections on a plate around a mound of powdered sugar or serve in fruit cocktails, or salads.

SLICED FRESH PINEAPPLE

Pare and remove all the eyes from pineapple, so that it is without blemishes. Cut it crosswise into ½ in. slices. Remove hard centers using a small biscuit cutter, leaving fruit in rings. Arrange rings, overlapping each other on a round serving dish and sprinkle with granulated or fruit sugar.

Cooking and Serving Fruits—

DRIED FRUITS

Baked—Wash carefully such dried fruits as prunes, apricots, figs, peaches, etc., and soak overnight in water to cover, allowing 4 cup.

of water to each cupful of fruit. Then place in a covered casserole and bake in a moderate oven of 375° F. until the fruit is tender. Add sugar the last half hour of cooking if desired.

Stewed—Prepare and soak the fruit as for baking. Then simmer slowly (covered) in the same water until tender. Do not add sugar unless very tart. When boiling water is used dried fruits should soak only 6 hrs.

FRESH FRUITS

Baked—Wash and core fruit, leave whole or in halves. Lay in baking dish. Sprinkle with sugar to sweeten, add spices, if desired. Barely cover bottom of dish with boiling water and bake covered, in moderate oven of 375° F. until fruit is tender. Uncover last 10 min. to brown if desired. Baste twice with liquid in pan and replenish water if necessary. Lemon juice may be added.

Compote Cooked in Sirup—Boil 2 cups. of water and 1 cup. sugar together 2 min. Add a small amount of fruit prepared as above and simmer until tender. Drain, and repeat until all the fruit is cooked. Then pour sirup over all.

Sautéed—Such fruits as apples, bananas and pineapple may be sautéed to serve with the meat course. Peel the fruit, leave whole or cut in halves, or, as with apples or pineapple, core and cut in crosswise rings. Dip in lemon juice, then in melted butter or oil, and next dust lightly with flour. Sauté in a little fat in a hot frying pan until tender.

Scalloped—Sliced fresh or canned fruit or cooked dried fruit may be used. Arrange alternate layers of fruit and buttered bread crumbs or stale cake crumbs in a greased pudding dish having crumbs on top. Pour over sugar sirup or fruit sirup and bake in moderate oven of 375° F. 30-45 min. or until fruit is tender. Allow 1 cup. sirup and ¾ cup. buttered crumbs to 2 cups. fruit.

Stewed—Wash fruit. If berries or small fruit leave whole and unpared. If large fruit pare and cut small. Add just enough boiling water to keep from burning. Cook covered until almost tender. Add sugar to sweeten, cook 2 min. longer and serve.

FRUIT WHIPS

Prepare 1 cup. sieved fruit pulp such as apple sauce, stewed prunes or apricots, fresh or canned peaches. Beat 3 egg whites until quite stiff. Add sugar to taste, then the fruit, beating all of the while. Chill and serve plain, with cream or custard sauce. Or pour into a buttered baking dish and bake in a moderate oven of 375° F. until center is firm (about 30 min.).

CRANBERRY SAUCE

4 cupfuls cranberries 2 cupfuls sugar
2 cupfuls water

Wash cranberries carefully and pick out any soft ones. Put sugar and water in saucepan and bring slowly to boiling point. Boil about 10 min. until a thin sirup is formed. Add the cranberries, cover and simmer gently until clear and transparent, but not broken. Serves 6 to 8.

CRANBERRY JELLY

4 cupfuls cranberries 2 cupfuls sugar
1 cupful boiling water

Pick over and wash the berries carefully. Place in stewpan with the boiling water. Boil until all the berries have burst open, about ten minutes. Pour into a sieve and mash through as much of the pulp as possible. Add 2 cups. sugar, return to fire and bring slowly to boil, stirring constantly so that all sugar is dissolved. Pour at once into wet mold or sterilized glasses. Serves 6 to 8.

Vegetable Meals and Meals with Vegetables

Vegetables in Our Meals—Vegetables are valuable for the bulk, mineral salts, vitamins, water and the wide variety of flavor they bring to our meals. On p. 10 we, therefore, advise you, in our guide to healthful meals to include two generous servings of non-starchy vegetables in the daily meals; vegetables such as carrots, string beans, cabbage, asparagus, celery, onions, squash, tomatoes, turnips, spinach, kale and the salad greens. Because vitamin C is affected by cooking, except in tomatoes, it is wise to include a raw vegetable in your meals each day such as cabbage, or the salad greens. As potatoes are a starchy vegetable, such starchy foods as rice, macaroni or hominy should not be served with them. Nor should such a dish as macaroni and cheese or rice and cheese be served with meat and potatoes, for cheese, like meat, is a protein or tissue-building food and can therefore be substituted for meat, while macaroni or rice may be used instead of potatoes.

Preparation of Vegetables—Too often careless preparation of vegetables is responsible for the unappetizing results that find their way to the table. So the following suggestions for the preparation of vegetables will be helpful, especially to the new housekeeper.

Asparagus: Cut off lower part of stalks as far down as they will snap. Remove all scales and wash. *Beans* (string): Remove strings, wash and snap or cut into one inch pieces with scissors. *Beans* (lima): Shell and wash. *Beets:* Scrub thoroughly, being careful not to break the skin. Cut off the tops two inches above the roots. *Broccoli:* Remove all withered leaves, wash well and scrape the stalks lightly, if they seem at all tough. *Brussels Sprouts:* Pick over carefully, removing all wilted leaves. Wash in cold water and then let stand in salted water (1 teaspoonful to 1 quart) for 30 minutes to draw out any insects. *Cabbage:* Pick off all wilted leaves. Cut in halves or quarters, remove the core, and shred if desired. Let stand in cold salted water (1 teaspoonful to 1 quart) for 30 minutes to draw out any insects. *Carrots* (young): Cut off tops and wash. If served whole, scrape skin off after cooking. If served sliced or diced, scrape skin before cooking. *Carrots* (old): Cut off tops if there are any. Wash and then scrape or thinly peel. *Cauliflower:* Cut off all leaves and stalk. Soak head down in cold salted water (1 teaspoonful to 1 quart) for at least 30 minutes to remove all insects. *Celery:* Cut off roots and leaves. Scrub each stalk. Stand in cold water or wrap in cheesecloth wrung from cold water. Keep in refrigerator. *Corn:* Remove the husks, break off stem end and remove all silk. *Onions:* Cut off stem end. Peel off all the outer skin, while holding the onion under water to avoid eye irritation from the onion juice. *Peas:* Remove peas from pod. Wash thoroughly, let over-matured peas stand in cold water for one-half hour before cooking. *Parsnips:* Cut off all leaves and stem. Scrub well. Scrape thoroughly. If young, cook whole, but if necessary cut in halves and quarters lengthwise. *Potatoes* (white): Scrub. For steaming or boiling leave on skin or pare thinly, taking out all the eyes. If the potatoes are new, scrape off the skin or cook and then peel off the skin. For baking scrub well, but do not remove the skin. *Potatoes* (sweet): Scrub and remove all bruised spots. Steam, boil or bake with skins on. *Spinach and all Greens:* Remove roots and carefully pick over, discarding wilted leaves. Wash in several waters to free it from all sand. In doing this, lift the spinach from one pan of water to another and repeat until it is clean. Merely pouring off the water each time does not remove the sand. *Squash* (summer): Choose young squash so tender that a sharp edge pierces the skin easily. Wash and cut off stem end. If young and tender, cut in pieces and remove the seeds. If the skin is tough, peel, remove the seeds and cut into pieces. *Squash* (winter): Wash, cut in pieces, remove the seeds and stringy portions and pare. *Tomatoes:* Wipe and cover with boiling water. Let stand one minute and then skin. Or hold the tomatoes, by piercing with a fork, over the heat and when the skin bursts, remove the tomatoes and peel. *Turnips:* Scrub and slice crosswise in ¼ in. slices. Pare each slice.

Cooking Vegetables the "Waterless" Way—"Cover with water and boil until tender", is no longer the best method of cooking vegetables. For too often this vegetable water is drained into the sink, carrying with it some of the fine flavor and a generous proportion of the mineral salts so necessary in a healthful diet. So, to conserve their flavor and food value, cook them in a *minimum amount of water.*

For this the Institute recommends a sturdy cooking utensil with a tight fitting cover. Prepare the vegetable as usual, place in the utensil, add about ½ cup. water, cover and place over a high heat. As soon as the steam begins to rise, lower the heat and cook the vegetable until tender (see time table for cooking, p. 39). In cooking cabbage, cauliflower and brussels sprouts, use at least 1 cup. water. Do not test the vegetables until near the end of the cooking period, as each time the cover is removed, steam escapes and moisture is lost.

Claims have been made that vegetables can be cooked *without water* in certain sets of utensils. The Institute has used every weight of utensils now available and we have found that spinach, carrots, beets and potatoes in the jackets, are practically the only vegetables that may not burn, and sometimes the last three will scorch when cooked without water, even though the greatest care is taken in lowering the heat after cooking begins. We found that by covering the bottom of the cooking utensil with water—about ½ cup. on the average—we could be sure of good results. We found too, that our results were practically the same for the different weights of pans from the sturdy to the very heaviest weight now available. We did find that a tight fitting cover counted, as it kept in the moisture.

Steaming is another good method of cooking vegetables and there are various types of steamers now on the market (see time table for steaming, p. 39). Steaming should not be confused with cooking in the *steam pressure cooker* which because of higher temperatures cooks the vegetable in a short time (see time table, p. 39).

Cooking Vegetables in the "Waterless Cooker"—There are now utensils on the market known as "cookers", or "waterless cookers" or sometimes "healthcookers" (see p. 23). In general these are utensils in which, because of a special base and a tight fitting cover, very little water is needed for cooking. They also have a rack for two inset pans in which vegetables may be cooked without any water if there is a little water in the bottom of the container. Meat or chicken may be cooked in the bottom with potatoes or other vegetables around it if desired and two vegetables, or a vegetable and a dessert, such as tapioca or rice pudding or a steamed pudding may be cooked in the inset pans. Potatoes do not cook very well in the inset pans.

Baking Vegetables—Any vegetable may be baked in the oven. They are delicious, but take longer to cook. Use a casserole or covered baking dish, with a little water or milk in the bottom of the dish, about ½ cup., add seasoning and bake until tender (see baking time table, p. 39). Add butter before serving. Potatoes and beets can, of course, be baked on the rack of the oven.

Broiling Raw Vegetables—Raw vegetables such as tomatoes and mushrooms are most tempting when broiled. In preparing the washed tomatoes, stem and cut them in halves crosswise. Dip in melted butter, fat, or oil, and then in seasoned flour. Arrange on a heat-proof platter or baking pan with the skin side down. Sprinkle with finely chopped chives and then broil some distance away from the heat until the tomatoes are brown. Arranged on toast with a well-seasoned white sauce poured over all, these broiled tomatoes are delicious. For broiled mushrooms, carefully stem the mushrooms and wipe with a damp cloth. Then dip each cap in melted fat or oil and sprinkle lightly with salt and pepper. Arrange on a heatproof platter or baking pan skin side down and broil about 5 min. not too close to the heat. Tomatoes and mushrooms, combined with chops, well seasoned hamburg balls, or fish fillets and broiled as a mixed grill on the broiler or on a heatproof glass platter, make one of the best one-dish meals we know (see p. 195 for mixed grills).

Broiling Cooked Vegetables—Cooked vegetables such as sweet and white potatoes, parsnips, and carrots can be cut into convenient slices for serving, brushed with melted butter, fat, or oil, dipped lightly in seasoned flour, arranged on a heatproof glass platter or on the broiler rack, and broiled until golden brown. The sweet potatoes are particularly delicious if dipped in fat and then sprinkled with brown sugar before broiling. Vegetables prepared in this way lend themselves to quick-time meals, as they can be cooked, ready for broiling, earlier in the day, and with chops or fish fillets, bacon or meat balls they form a delicious one-dish meal (see p. 195).

Serving Vegetables—If any water is left in the bottom of the pan after cooking vegetables the "waterless way" lift the cover and boil off nearly all the water, being careful not to scorch the vegetable. Add butter or margarine and serve. Vegetables may, if desired, be served in a Medium Thick White Sauce (see p. 117). When serving a vegetable dinner try serving one of the vegetables in a cheese sauce (see p. 117), since cheese may be used instead of meat. Turnips and squash are usually served mashed.

Scalloped Vegetables—Arrange alternate layers of cooked vegetable and a Medium Thick White Sauce (see p. 117) or a Cheese

Sauce (see p. 117) in a greased casserole or baking dish. Be sure the top layer is sauce. Sprinkle with buttered crumbs and bake in a hot oven (450° F.). Portions of two or more left-over cooked vegetables that combine well in flavor may be used.

COOKING POTATOES

Potatoes because they are starchy require special methods of cooking.

Baked Potatoes—Select those of uniform size and scrub well. Bake in a very hot oven (500° F.) for from 25 to 60 minutes, depending on size. When baked, slit the skin on top to let the steam escape. Then, holding it in a clean towel press the potato gently with the fingers to soften it, until it breaks, white and fluffy, through the slit at the top. Put a piece of butter in the slit and serve at once.

Boiled Potatoes—Scrub and leave potatoes in their jackets or pare thinly. Add more water than you use with other vegetables, a cupful more, cover and boil until tender. Drain, uncover, season and shake the pot over the heat to dry the potatoes and make them mealy. Serve at once.

French Fried Potatoes—Wash, pare and cut potatoes in lengthwise strips one-quarter inch thick. Dry between folds of a clean towel and fry, a few at a time, in deep, hot fat at 390° F. until golden brown and tender. (See p. 131 for directions for frying.)

Mashed Potatoes—Mash hot boiled or baked potatoes until free from lumps or press through a ricer. Add seasoning and butter, as desired, and enough hot milk to beat them to a light fluffy consistency. Beat thoroughly, reheat and serve. Six medium sized potatoes will require about one-half cup. of milk and 3 level tablespoonfuls of butter.

Pan Roasted Potatoes—Pare potatoes and cook 10 minutes. Then put around the meat in the roasting pan. Bake 40 to 60 minutes, turning from time to time, and basting with the fat in the pan.

Potato Croquettes—(See p. 131).

Potato Cakes—To cold or hot well-seasoned mashed potatoes add sufficient beaten egg to make of a consistency to form round flat cakes about ½ to ¾ in. in thickness. Roll cakes in flour and sauté (see p. 24) a golden brown. A little grated onion or onion juice mixed with potatoes add much to the flavor. So does grated cheese, enough to give a good cheese flavor.

Scalloped Potatoes—For 4 medium potatoes use 1½ cups. Thin White Sauce (see p. 117), salt and pepper to season and 2 tbsp. butter. Wash, pare and slice the potatoes *thin*. Arrange in a greased casserole or baking dish alternately layers of sliced potatoes and white sauce, sprinkling each layer with salt, pepper and butter, and finishing with a layer of sauce. Bake for 40 min. in a slow oven (350° F.). Test with a sharp knife to be sure all potatoes are tender.

Creamed Potatoes—To 1 cup. cold boiled or baked potatoes cut in dice, add 1 cup. Medium Thick White Sauce (see p. 117) and reheat in a double-boiler or turn into a greased casserole or baking dish, cover with buttered crumbs and bake until crumbs are golden brown. A little onion juice or grated onion adds much to the flavor of the white sauce.

TIME TABLE FOR COOKING VEGETABLES

Vegetable	Baked		Cooking in a little water or steaming	Steam Pressure at 15 lbs. pressure
	Temperature	Time		
Asparagus			15–30 min.	6 min.
Beans, String	450° F.	75 min.	30–40 "	12 "
Beans, Lima	450° F.	45 "	30–40 "	15 "
Beets, Young	450° F.	70 "	35–60 "	20 "
Broccoli			45–50 "	
Brussels Sprouts	450° F.	60 "	15–30 "	6 "
Cabbage	450° F.	45 "	13–20 "	8–10 "
Carrots	450° F.	30 "	20–40 "	8 "
Cauliflower	450° F.	45 "	20 "	5 "
Celery	450° F.	60 "	20–30 "	7 "
Green Corn	450° F.	30 "	7–12 "	8 "
Onions	400° F.	40 "	30–45 "	8–10 "
Peas	450° F.	45 "	17–25 "	8 "
Potatoes, White	500° F.	25–60 "	35–45 "	10 "
Potatoes, Sweet	500° F.	35–45 "	30–35 "	8 "
Spinach	450° F.	30 "	15–20 "	8 "
Squash, Summer	450° F.	30 "	15–20 "	10 "
Squash, Winter	450° F.	60 "	50–60 "	18 "
Tomatoes	400° F.	45 "	15–20 "	15 "
Turnips	450° F.	60 "	35–45 "	10 "

Note—Cooking periods will of course vary somewhat with the age of the vegetable.

Vegetable Dinners and Luncheons—Menus for vegetable dinners and luncheons are given on p. 198.

PREPARING CANNED VEGETABLES

Modern methods of canning insure for us canned vegetables with their food value and flavor well preserved. As the vegetables are canned immediately after harvesting, they are in the freshest of condition. The liquor added to vegetables in canning them is pure water seasoned with salt. No chemical preservatives or artificial colors are used.

In the canning process some of the mineral salts are dissolved out into the liquor, as well as some of the flavor in the vegetable. So do not drain it down the sink. Use it in soups or in a sauce served with the vegetable or boil it down in heating the vegetable for serving. To do this turn the vegetable, liquor and all, into a shallow skillet and boil uncovered until the liquor has nearly boiled away. Season and add butter just before serving.

It is perfectly safe to let any canned foods stand in the can after opening. However, when storing in the refrigerator use a covered dish.

STUFFED FRENCH ARTICHOKES

6 French artichokes
1 clove garlic
½ teaspoonful salt
½ cup. grated cheese
2 tablespoonfuls olive oil
⅛ teaspoonful paprika
1 cup fine soft bread crumbs

Wash and remove the tough outside leaves of the artichokes. Cook them until tender, then drain and press the leaves loose from the heart, so that they will stand apart, but do not break them off. Meanwhile blend the salt, paprika, grated garlic and oil. Also combine the bread crumbs and grated cheese. Stuff between the artichokes leaves with this cheese mixture and pour the oil mixture over all. Bake in a moderate oven of 375° F. for 15 min. Serves 6.

BOSTON BAKED BEANS

2 cupfuls pea beans
¼ pound mixed salt pork
2 teaspoonfuls salt
½ teaspoonful baking-soda
¼ teaspoonful mustard
¼ cupful molasses
⅛ teaspoonful pepper
Boiling water

Pick over the beans carefully, wash, and soak in plenty of cold water overnight. In the morning, drain in a colander, cover with fresh cold water, add the baking-soda, and parboil until tender;

when easily pierced with a fork, the beans are sufficiently cooked. Drain again in colander and blanch with cold water. Pour boiling water over the pork and scrape the rind until white; then cut the rind in narrow strips. Put the beans in a beanpot. Bury the pork in these, so that only the rind is exposed. Put in a measuring cup the salt, mustard, pepper, and molasses and fill with boiling water. Stir and mix well, then pour over the beans; add sufficient boiling water to cover. Bake for 6 to 7 hrs. in a slow oven of 350° F. removing the cover during the last hr. to allow the pork to become crisp. Serves 6 to 8.

BAKED BEAN CASSEROLE

3 small onions
3 seeded green peppers
4 tablespoonfuls butter or margarine
2 No. 2 cans pork and beans
¾ cupful grated American cheese
½ cupful fine, fresh bread crumbs
6 bacon slices

Cook the onions and green peppers, chopped fine, in 2 tbsp. of the fat until they are tender and golden-brown in color. Then add the beans and combine thoroughly. Arrange in alternate layers with the cheese in a greased casserole having beans on top. Top with the crumbs mixed with 2 tbsp. of the fat. Arrange the bacon over the top and bake in a moderate oven of 375° F. for 30 min. Serves 6.

BROCCOLI ON TOAST

1 bunch broccoli
6 slices toast
1 teaspoonful finely chopped onion
2 minced hard-cooked eggs
2 cupfuls Medium White Sauce (see p. 117)

Wash the broccoli and scrape the stems lightly if they are not young and tender. Then cook until tender. Cut into individual portions and arrange on the toast. Meanwhile add the chopped onion and minced eggs to the white sauce and pour over the broccoli. Serve as a main dish. Serves 6.

SPANISH STRING BEANS

2 medium onions
2 tablespoonfuls butter or margarine
2 cupfuls puréed stewed tomatoes
1 bay leaf
1 teaspoonful salt
1 diced seeded green pepper
2 whole cloves
2 teaspoonfuls sugar
2 pounds fresh cooked string beans

Slice the onions, add the butter, tomatoes, salt, green pepper, cloves, bay leaf and sugar. Simmer 15 min. then remove bay leaf and cloves and add the beans. Heat well and serve. Two No. 2 cans of string beans may be used in place of the fresh beans. Serves 6.

CARROTS A LA KING

4 cupfuls diced carrots
2 cupfuls hot Medium White Sauce (see p. 117)
1 tablespoonful minced pimientoes
1 tablespoonful diced celery
1 tablespoonful minced parsley
1 teaspoonful grated onion

Cook the diced carrots until tender, then drain. Meanwhile add the onion, pimientoes, celery and parsley to the hot sauce and pour over the carrots. Serves 6.

CAULIFLOWER TIMBALES

1 medium head cauliflower
2 beaten eggs
3 tablespoonfuls grated cheese
1 cupful milk
½ teaspoonful salt
⅛ teaspoonful pepper

Break the cauliflower into separate tiny flowerets and cook until tender. Nearly fill greased timbale molds or custard cups with the same. Meanwhile combine the beaten eggs, milk, salt, pepper and grated cheese. Pour this custard mixture slowly into the molds or cups so that it fills all the interstices. Set the molds in a pan of hot water and bake in a slow oven of 325° F. for about 40 min. or until a silver knife inserted in the center of the timbale comes out clean. Unmold and serve with Tomato Sauce (see p. 118). Serves 6.

CORN PUDDING

2 tablespoonfuls fat
2 tablespoonfuls chopped green pepper
1 tablespoonful chopped celery
1 small onion, chopped
1 can corn
1 chopped pimiento
1¼ teaspoonfuls salt
⅛ teaspoonful pepper
3 eggs beaten
2 cupfuls milk

Melt the fat in a saucepan. Add the green pepper, celery and onion and cook slowly for 5 min. Then add the remaining ingredients, and turn into a well greased baking dish. Set in a pan of hot water and bake in a slow oven of 325° F. for 75 min. or until a silver knife inserted into the center of the mixture comes out clean. Serves 6 to 8.

SAVORY LIMA BEAN SCALLOP

1½ cupfuls dried lima beans
1 small onion sliced
½ teaspoonful salt
1 cupful diced celery
2 tablespoonfuls chopped green pepper
1 cupful condensed tomato soup
½ cupful water
2 tablespoonfuls melted butter
⅛ teaspoonful pepper
¼ cupful buttered crumbs

Soak the beans in cold water for 6 to 8 hrs. Drain and cover with boiling water. Add the sliced onion and cook slowly until tender. Drain, add salt, celery, green pepper, tomato soup, water, melted fat, pepper and salt to taste. Pour into a greased casserole, sprinkle the top with the crumbs and bake in a hot oven of 400° F. for 30 min. Bacon strips may be arranged on top of the casserole just before baking if it is to be served as a main dish. Serves 6.

CREAMED MUSHROOMS ON TOAST

2 pounds mushrooms
1 small onion, chopped
8 tablespoonfuls butter or margarine
1½ cupfuls milk
4 tablespoonfuls flour
1 teaspoonful salt
Speck of pepper
Speck of paprika
6 slices of buttered toast

Wash and remove the stems from the mushrooms. Cover the stems with 2 cups. of water, add the onion and simmer until ½ cup. of liquor remains. Strain, reserving the mushroom liquor. Melt 4 tbsp. fat in a saucepan, add the flour and when smooth, add the mushroom liquor, milk and seasonings, while stirring. Meanwhile melt 4 tbsp. fat in a frying-pan and sauté the sliced mushroom caps in it for 4 or 5 min. or until tender. Arrange the mushrooms on buttered toast, pouring the sauce over all. Serves 6.

MUSHROOM AND ASPARAGUS PARFAIT

2 pounds mushrooms
1 bunch fresh asparagus *or*
2 small cans asparagus tips
2 hard-cooked eggs
8 tablespoonfuls butter or margarine
4 tablespoonfuls flour
3 cupfuls milk
1 teaspoonful chopped chives
1½ teaspoonfuls salt
⅛ teaspoonful pepper

Wash and stem the mushrooms, reserving the stems for soup. Sauté the sliced tops in 4 tbsp. fat until tender, about 5 min. Clean the asparagus if fresh is used, cut the edible stalks into 2 in. pieces

and cook until tender. Meanwhile melt 4 tbsp. fat in a saucepan, add the flour and stir until smooth. Then add the milk gradually, the chives, salt and pepper. When well blended and thickened, add the mushrooms, asparagus and sliced hard-cooked eggs. Reheat and serve at once. Serves 8.

BAKED PEAS AND BACON

6 slices bacon
2 cupfuls fresh cooked or canned peas
½ teaspoonful salt
⅛ teaspoonful pepper
1 cupful thin cream or Thin White Sauce (see p. 117)
1 teaspoonful grated onion
2 tablespoonfuls melted butter
½ cupful soft bread crumbs

Cook the bacon until crisp, and then dice. Add the bacon to the peas, together with 2 tbsp. of the bacon fat, the salt, pepper, cream and onion. Turn into a greased casserole and top with the crumbs which have been combined with the melted butter. Bake in a hot oven of 400° F. for 20 min. Serves 6.

CASSEROLE OF GREEN PEAS

2 cupfuls canned peas
1 large slice onion
½ teaspoonful salt
2 peppercorns
2 whole cloves
2 whole allspice
1 tablespoonful sugar
1 cupful water
3 eggs, beaten slightly
¾ cupful thin cream or Thin White Sauce (see p. 117)
1 teaspoonful grated onion
⅛ teaspoonful white pepper
¾ teaspoonful salt

Combine the peas, onion, salt, peppercorns, cloves, allspice, sugar and water. Bring to the boiling point and simmer covered until the peas are very soft—about 20 min. Then mash through a strainer. Meanwhile combine the beaten eggs, cream, grated onion, pepper and salt. Add this to the pea pulp a little at a time and blend thoroughly. Turn into a well buttered casserole dish, place in a pan containing about ½ in. of hot water and bake in a moderate oven of 375° F. for 50 min. or until a silver knife inserted in the center of the casserole comes out clean. Serve with Mushroom Sauce (see p. 117). Serves 6.

SAUTÉED GREEN PEPPERS WITH CHEESE SAUCE

6 large green peppers
12 slices crisp bacon
6 slices buttered toast
2 cupfuls Cheese Sauce (see p. 117)
4 tablespoonfuls butter or margarine

Seed the green peppers and cut in halves lengthwise. Sauté in the fat until tender, then arrange 2 halves on each slice of toast. Pour

the cheese sauce over the green peppers and garnish with the crisp bacon. Serves 6.

BAKED STRING BEANS AND BACON

2 lbs. string beans
6 slices bacon
1½ cupfuls thin cream or Thin White Sauce
1¼ teaspoonfuls salt
⅛ teaspoonful pepper
3 tablespoonfuls melted fat
½ cupful fine bread crumbs

Cook the string beans, cut in inch lengths, until tender. Meanwhile cut the bacon into dice and fry until crisp. Add the bacon to the beans together with the thin cream or white sauce, salt, pepper and 2 tbsp. melted fat. Arrange in a greased casserole and cover with the fine bread crumbs which have been mixed with 1 tbsp. melted fat. Bake in a hot oven of 425° F. for 20 min. or until golden brown. Serves 6. For Thin White Sauce (see p. 117).

SWEET POTATO BOULETTES

6 medium sweet potatoes
2 teaspoonfuls salt
¼ teaspoonful pepper
4 tablespoonfuls melted butter or margarine
3 slices cooked bacon
Parsley

Cook the potatoes, until tender, rice and mash well. Add the salt, pepper and 3 tbsp. melted fat. When cool enough to handle, form into round balls 2 in. in diameter. Sprinkle with the chopped bacon, brush with 1 tbsp. melted fat and brown in a moderate oven of 375° F. for 12 min. Garnish with parsley. Serves 6.

CASSEROLE OF SPINACH

2 pounds spinach
2 cupfuls Medium White Sauce
1 teaspoonful grated onion
2 hard-cooked eggs
½ cupful fine soft bread crumbs
2 tablespoonfuls butter or margarine

Wash and cook the spinach until tender. Season with ½ tsp. salt and ⅛ tsp. pepper. Add the grated onion and sliced hard cooked eggs to the white sauce. Place a layer of spinach in the bottom of a greased casserole, then one of white sauce. Repeat these layers having white sauce on top. Combine the bread crumbs and butter and sprinkle on top. Bake in a moderate oven of 375° F. for 30 min. Serves 6. For Medium White Sauce (see p. 117).

CANDIED SWEET POTATOES

6 medium sweet potatoes
⅓ cupful melted butter or margarine
½ teaspoonful salt
1 cupful brown sugar
¼ cupful water

Wash and cook the potatoes until tender. Drain, peel, cut in halves lengthwise and arrange in a shallow greased pan. Cover with the melted fat and a sirup made by cooking the brown sugar and water together for 5 min. Sprinkle with salt and bake in a slow oven of 350° F. for 1 hr. basting frequently. The potatoes should be transparent when done. Serves 6.

VEGETABLE SOUFFLÉ (BASIC)

2 cupfuls Medium White Sauce (see p. 117)
3 egg yolks
3 egg whites
1 teaspoonful chopped onion
1 cupful cooked sieved vegetable

Pour the hot white sauce onto the beaten egg yolks while stirring constantly. Add the chopped onion and cool. Then add the sieved vegetable and when well mixed carefully fold in the stiffly beaten egg whites. Turn into a greased casserole. Set the casserole in a pan of hot water and bake in a moderate oven of 375° F. for 45 to 50 min. Serves 6. Serve plain or with a sauce. Canned or fresh spinach, peas, asparagus, cauliflower and similar vegetables can be prepared in this way.

BROILED TOMATOES WITH FRENCH DRESSING

6 firm medium tomatoes
8 tablespoonfuls oil
4 teaspoonfuls sugar
1½ teaspoonfuls salt
2 tablespoonfuls minced onion
2 teaspoonfuls vinegar
2 tablespoonfuls cracker crumbs
2 tablespoonfuls melted butter
2 teaspoonfuls mustard

Wash and cut a thin slice from the top of the tomatoes. Then hollow them out slightly. Meanwhile blend together the oil, sugar, salt, minced onion, mustard and vinegar. Beat well and place 1 tbsp. in the hollow of each tomato. Combine the cracker crumbs and melted butter and sprinkle a little on each tomato. Arrange in a baking pan and broil under a medium heat in the broiler oven for about 10 min. or until the tomatoes are tender, but of good shape. Two or three times during the broiling baste them with some

of the dressing. They may also be baked in a moderate oven of 375° F. for about 20 min. or until tender. Serves 6.

SAUTÉED TOMATOES WITH EGG SAUCE

8 tomatoes
5 tablespoonfuls fat
3 tablespoonfuls flour
1½ cupfuls milk
1 teaspoonful grated onion
½ teaspoonful salt
⅛ teaspoonful pepper
3 hard-cooked eggs
Toast

Cut the washed stemmed tomatoes in halves and dip in seasoned flour. Sauté in 3 tbsp. fat until tender, turning once. Arrange on buttered toast. Then melt 2 tbsp. fat in the same frying pan, add the onion and flour and stir until smooth. Then add the milk, salt and pepper and stir until blended and thickened. Pour over the tomatoes and garnish with eggs cut in eighths. Serves 6.

CASSEROLE OF VEGETABLES

1 cupful diced potatoes
1 cupful diced celery
1 cupful green peas
1 cupful lima beans
1 medium onion, chopped
¼ cupful rice
1 cupful canned tomato
1 teaspoonful salt
⅛ teaspoonful pepper
4 bouillon cubes
2 cupfuls boiling water

Dissolve the bouillon cubes in the boiling water, and combine with the rest of the ingredients. Turn into a casserole, cover and then bake in a slow oven of 350° F. for 2 hrs. or until all the vegetables are tender. Serves 6.

VEGETABLE AND CHEESE CASSEROLE

1 cupful cooked or canned vegetable
1½ cupfuls scalding milk
1 cupful soft bread crumbs
¼ cupful melted butter or margarine
2 pimientoes, chopped
1½ tablespoonfuls chopped onion
1½ cupfuls American cheese
⅜ teaspoonful salt
⅛ teaspoonful pepper
Dash paprika
3 eggs
1 tablespoonful chopped parsley

Pour the scalding milk over the bread crumbs. Add butter, pimientoes, parsley, onion, grated cheese, and seasonings. Then add the well-beaten eggs. Put the vegetables in a well-greased loaf pan, and pour the milk and cheese mixture over them. Bake about 50 min. in a slow oven of 350° F. until the loaf is firm. Serves 6.

Building Salads into Your Meals

Salads in Our Meals—Salads add color and beauty to our meals, of course, but they also supply us bountifully with minerals and vitamins, introducing them into our meals in an effective and appetizing way. There is no better way to serve a daily *raw* fruit or vegetable! (See p. 10.)

Salad Greens—Salad plants, whether they are the basis of the salad or merely a garnish, must be crisp, *dry* and thoroughly clean. After washing in cold water place the leaves in a clean towel and *pat* them dry. The best method of keeping salad greens fresh and crisp after cleaning is to keep them in a tightly covered refrigerator dish if they are to be kept for more than one day, or they may be kept in a damp lettuce bag if they are to be used the same day. Never keep salad greens (or any other food) in the ice compartment of the iced refrigerator.

The Salad Mixture—The salad mixture should be cold and moist, but with no excess liquid. A "watery" salad is most unpalatable, and liquid dilutes the dressing.

Serving the Salad—The salad plates should be cold, and the salad itself attractively arranged and daintily garnished, for "the eye does half the eating". It is a pleasant custom to prepare salad in a

salad bowl at the table, or to serve from a bowl, prepared in the kitchen.

Cheese Salads—

CHEESE AND GREEN PEPPER SALAD

3 medium green peppers
½ pound cream cheese
¼ pound pecan meats
1 medium sour pickle
About ⅓ cupful Cooked Salad Dressing (see p. 54)
3 hard-cooked eggs

Wash the peppers, cut off the tops and remove the seeds. Meanwhile beat the cream cheese with a fork until smooth. Add the shelled hard-cooked eggs, pecan meats and sour pickle, all of which have been put through the fine knife of a food chopper. Beat well and add enough cooked salad dressing to make a thick paste. Blend well and pack the peppers with this mixture. Chill overnight, then slice thinly crosswise and serve several overlapping slices on each serving of lettuce. Serves 6.

FROZEN CHEESE SALAD

3 3-oz. pkgs. cream cheese
½ cupful chopped green pepper
½ cupful chopped nuts
¼ teaspoonful paprika
½ teaspoonful salt
1 tablespoonful lemon juice
¼ cupful cream

Cream the cheese with a fork until soft. Then add the chopped green pepper, nuts, paprika, salt and lemon juice. Last add the cream whipped stiff. Turn into one of the trays of a refrigerating unit and spread smooth with a spatula to a thickness of ¾ in. Chill until the salad is firm enough to cut into 1 in. sqs. Serve on lettuce with French Dressing. Serves 8.

Fish Salads—

HALIBUT SALAD

1 pound cooked, flaked halibut
2 cucumbers, diced
1 teaspoonful chopped parsley
1 teaspoonful salt
Sliced stuffed olives
1 bunch radishes, diced
1 cupful cooked green peas
Dash paprika
¼ cupful French Dressing
Romaine

Combine all ingredients, serve on romaine topped with Cooked Salad Dressing (see p. 54) and garnished with the sliced olives. Serves 6 to 8.

SHRIMP AND PINEAPPLE SALAD

1½ cupfuls canned or fresh cooked shrimp
1 cupful canned or fresh pineapple, diced
⅛ teaspoonful paprika
2 sprigs chives, chopped
6 tablespoonfuls French dressing
Romaine
½ teaspoonful salt

Combine the shrimp, pineapple, salt, paprika and chives. Chill thoroughly, and just before serving, pour over the French dressing (see p. 55). Toss until well mixed, then arrange on crisp romaine or endive leaves and serve. Serves 6.

Fruit Salads—

FRUIT SALAD WITH CHEESE DRESSING

2 grapefruit
⅓ cupful chopped pecan meats
¾ cupful seeded Tokay grapes

Combine the grapefruit sections, nut meats, and seeded grapes. Arrange on lettuce and add a Cheese Dressing made by combining the following ingredients:

4 tablespoonfuls salad oil
½ tablespoonful vinegar
⅛ teaspoonful pepper
1 tablespoonful grapefruit juice
1 teaspoonful salt
¼ teaspoonful paprika
1 tablespoonful finely chopped Roquefort Cheese

Beat with a fork until thoroughly blended. Serves 6.

GINGER FRUIT SALAD

8 red apples
1 lemon, juice
½ cupful nut meats
1 cupful candied ginger, chopped
2 bananas
2 oranges
1 cupful seedless white grapes
1 bunch watercress
Lime French Dressing

Core apples and dice without peeling. Sprinkle with lemon juice at once to prevent discoloration. Add sliced bananas, orange sections, stemmed grapes, chopped nut meats and chopped ginger. Serve on watercress with Lime French Dressing (see p. 55). Serves 8.

LOG CABIN SALAD

Cheese Straws Fruit Salad
Fruit Salad Dressing (see p. 55)

Use 8 cheese straws for each serving and build up a square, log cabin style, around the fruit salad, arranged on a lettuce leaf. Top with Fruit Salad Dressing (see p. 55).

MOLDED FRUIT SALAD

2 cupfuls lemon jelly 4 slices canned pineapple
2 tart red apples 2 bananas
Fruit Salad Dressing (see p. 55)

Prepare the recipe for Lemon Jelly as directed in the section on Gelatine Desserts (see p. 174). While it is cooling, dice the unpeeled apple and the pineapple, and slice the bananas. Mix the fruit and place it in a cold, wet ring mold or individual molds. When the jelly begins to thicken pour it into the mold. Serves 8.

PEACH SALAD

6 canned peach halves 1 head lettuce
¼ pound nut meats, chopped ½ pound stoned dates, chopped
Mayonnaise (see p. 55)
1 small bottle Maraschino cherries, chopped

Mix together the chopped nut meats, dates and cherries. Add enough juice from the bottle of cherries to make a stiff paste. Form this mixture into balls the size and shape of peach stones, and fill the center of the canned peaches. Use ½ peach to each serving. Serve on lettuce and top with Mayonnaise. Serves 6.

STAR SALAD

4 oranges Chicory
2 grapefruit Raspberry jam
Fruit Salad Dressing (see p. 55)

Arrange 5 sections of grapefruit in the shape of a star on crisp chicory. Line each grapefruit section with a section of orange. Fill the center with raspberry jam. Serves 5.

STRAWBERRY SALAD

2 cupfuls ripe strawberries
1 cupful celery cubes
Heart leaves of lettuce
Whole nut meats
½ cupful chopped pecan meats
½ cupful French Dressing (see p. 55)
Whipped cream

Combine the strawberries, chopped nut meats, and celery cubes. Marinate in the dressing, arrange on lettuce, and top with whipped cream and whole nut meats, or a sprig of fresh mint. Serves 6.

Jellied Salads—

JELLIED CHICKEN AND VEGETABLE SALAD

2 tablespoonfuls granulated gelatine
3 cupfuls hot chicken broth or canned chicken soup
2 cupfuls cooked vegetables (peas, string beans, carrots, beets, asparagus, etc.)
⅛ cupful cold water or chicken broth
¾ teaspoonful salt
1 cupful diced chicken meat
1 tablespoonful chopped pimiento
1 green pepper, minced

Soak gelatine in cold water or broth 5 min. Add hot broth and stir until gelatine is dissolved, add salt and cool. Pour a thin layer of this mixture into a cold wet mold, and let it stiffen slightly. Add some of the vegetables and chicken meat, more jelly, etc., continuing until all ingredients are used. Chill until firm, unmold on lettuce leaves and garnish with parsley or watercress and Mayonnaise. Serves 6.

JELLIED CRAB MEAT SALAD

1 tablespoonful granulated gelatine
¾ cupful hot Cooked Salad Dressing
½ cupful diced celery
2 tablespoonfuls chopped green olives
½ seeded green pepper, minced
½ teaspoonful salt
¼ cupful cold water
1 cupful flaked crab meat, or any cooked fish
2 tablespoonfuls chopped pimientoes
¼ teaspoonful paprika
2 teaspoonfuls vinegar

Soak the gelatine in the cold water for 5 min. Add this to the hot Cooked Dressing (see p. 54). When the gelatine has dissolved, add all the other ingredients and mix thoroughly. Fill cold wet individual molds and chill. Serve on lettuce with additional Cooked Salad Dressing. Serves 6.

Vegetable Salads—

BAKED BEAN AND BACON SALAD

3 cupfuls drained canned baked beans
4 slices crisp bacon, diced
⅓ cupful French Dressing (see p. 55)
1 small sour pickle, chopped fine
Romaine

Combine the beans, bacon, pickle and French Dressing. Arrange on crisp romaine and serve with additional French Dressing. Serves 6.

CABBAGE, APPLE AND RAISIN SALAD

1 small cabbage
3 red apples
½ cupful French Dressing (see p. 55)
1 cupful seedless raisins

Shred the cabbage very fine. Core the apples and dice without peeling. Drop them into the dressing at once to prevent discoloration. Combine with the cabbage and raisins. Toss with a fork until thoroughly mixed, drain and serve. Serves 8.

CABBAGE AND TOMATO RELISH

2 cupfuls finely shredded cabbage
½ cupful French Dressing (see p. 55)
1 cupful diced, unpeeled tomatoes

Chill diced tomatoes and shredded cabbage in separate bowls. Combine and marinate in French Dressing for 30 min. before serving. Serves 6.

Many variations are possible. Substitute other chilled cooked or raw vegetables for the tomatoes, alone or in combination. For *Fruit Relish* combine sections from 3 large oranges, 1 cup. fresh pineapple cubes, and ½ cup. seedless raisins with the cabbage. Marinate in Lime French Dressing (see p. 55).

MACARONI AND TOMATO SALAD

1 cupful macaroni
3 large ripe tomatoes
Lettuce
½ teaspoonful grated onion
⅓ cupful Mayonnaise or French Dressing (see p. 55)

Break macaroni into 2 in. pieces and cook in boiling salted water until tender. Drain and chill. Peel and chill tomatoes and then cut into eighths. Combine the macaroni, tomatoes, grated onions and dressing. Serve on lettuce generously sprinkled with paprika. Serves 6.

POTATO SALAD IN TOMATO ASPIC

4 cupfuls cold cooked potatoes, diced
½ cupful Mayonnaise
½ cupful cream
2 tablespoonfuls minced green pepper
¼ teaspoonful paprika
2 teaspoonfuls salt
3 stalks celery, diced small
¼ cupful vinegar
2 tablespoonfuls chopped onion
1 tablespoonful chopped chives

Mix the potatoes and celery and add a dressing made of the rest of the ingredients. Make the aspic as follows:

TOMATO ASPIC

1 quart cooked tomatoes
1 tablespoonful gelatine
½ cupful raw carrot, diced
1 sprig parsley
1 teaspoonful peppercorns
1 teaspoonfuls salt
1 cupful celery, diced
¼ cupful cold water
1 onion, sliced
3 cloves
1 small blade mace
Few grains cayenne
1 green pepper, cut small

Cook all ingredients except gelatine and cold water together for 30 min. Strain. Pour over the gelatine which has been soaked in the cold water and stir until the gelatine is dissolved. Cover the bottom of a loaf pan with some of the aspic, add the potato salad, and then the rest of the aspic. Cool and set in the refrigerator to harden. Serve on a platter with cold cuts. Serves 8.

RAW VEGETABLE SALAD

1 cupful finely chopped green pepper
1 cupful finely chopped raw carrots
Mayonnaise
Savory Dressing
1 cupful finely chopped cabbage
¼ pound American cheese, grated

Mix each chopped vegetable separately with enough Mayonnaise to bind. On a leaf of lettuce place a mound of carrots. Place a mound of cabbage on top of the carrots and top with a mound of green pepper sprinkled with grated cheese. Serve with Savory Dressing (see p. 56). Serves 6.

Salad Dressings—

COOKED SALAD DRESSING

4 tablespoonfuls melted butter or margarine
1 tablespoonful flour
1 cupful milk
2 eggs, separated
1 teaspoonful salt
Dash cayenne
1 tablespoonful sugar
1 teaspoonful dry mustard
½ cupful vinegar

Blend the melted fat and flour in the top of a double boiler. Add the milk and let cook until quite thick, stirring constantly. Beat the egg yolks slightly, add the salt, sugar, cayenne, mustard, and vinegar. Stir this into the thickened mixture and cook until thick. Remove from the heat and pour on the stiffly beaten egg whites, stirring constantly.

FRENCH DRESSING

Rub a mixing bowl or salad bowl with a cut clove of garlic held on the tines of a fork. Pour in the salad oil, measuring the same. Add ⅓ as much vinegar or lemon juice as oil. Add salt and pepper to taste and enough paprika to make the dressing pink. Add a dash of dry mustard or a few drops of Worcestershire Sauce. You may wish to add just a trace of sugar too. Beat with an egg beater until the oil and acid form a smooth mixture.

Lime French Dressing—Add bottled lime juice and powdered sugar to taste to French Dressing.

Roquefort Dressing—Add crumbled Roquefort Cheese in any desired amount to French Dressing.

FRUIT SALAD DRESSING

2 eggs, beaten light
2 tablespoonfuls flour
⅔ cup sugar
1 lemon, juice
1 orange, juice
½ cupful cream, whipped
1 cupful canned pineapple juice

Combine the eggs, which have been beaten until light, the flour and the sugar. Add the fruit juices and cook in a double-boiler, stirring constantly until thick. Cool and fold in the cream whipped. Serves 10.

MAYONNAISE

1 egg
1 teaspoonful salt
1 teaspoonful powdered sugar
1 teaspoonful mustard
Few grains cayenne
6 teaspoonfuls vinegar
6 teaspoonfuls lemon juice
1½ cupfuls salad oil
Paprika
Pepper

Break egg into a bowl, and add the salt, powdered sugar, mustard, a dash of pepper and paprika, the cayenne, and 1 tsp. of vinegar. Beat thoroughly with a good Dover egg-beater, then add the oil, 1 tbsp. at a time, beating thoroughly after each addition, until

½ cup. is added and the dressing is thick, then add remaining oil in larger quantities. Add lemon juice and remaining vinegar.

RUSSIAN DRESSING

12 tablespoonfuls Mayonnaise
3 tablespoonfuls chopped pimientoes
12 sprigs chives, minced
6 tablespoonfuls chili sauce
1 teaspoonful chopped capers
1 tablespoonful tarragon vinegar
3 tablespoonfuls whipped cream

Mix in order given, chill well and serve as desired. Serves 6

THOUSAND ISLAND DRESSING

½ cupful Mayonnaise made with tarragon vinegar
2 tablespoonfuls finely chopped pimientoes
2 teaspoonfuls minced chives
2 tablespoonfuls tomato catsup
2 tablespoonfuls chili sauce
2 hard-cooked eggs, chopped
½ cupful heavy cream

Mix in order given and chill. Serves 6.

SAVORY SALAD DRESSING

1 tablespoonful dry mustard
½ tablespoonful Worcestershire sauce
⅓ cupful catsup
½ cupful vinegar
2 teaspoonfuls sugar
½ teaspoonful salt
⅛ teaspoonful celery salt
Dash cayenne pepper
1 cupful salad oil

Mix all ingredients and beat with an egg beater until thoroughly combined. This dressing is particularly good with cucumber salad. Serves 6.

SOUR CREAM SALAD DRESSING

1 teaspoonful mustard
1 teaspoonful sugar
½ teaspoonful salt
Speck pepper
1 tablespoonful flour
½ cupful milk
1½ teaspoonfuls butter
1 egg
⅓ cupful hot vinegar
½ cupful sour cream

Combine the dry ingredients in the top of a double boiler. Beat the egg, add the milk, and stir into the dry ingredients gradually. Cook, stirring constantly, until the mixture coats the spoon (do not let the water boil in the bottom of the double boiler). Add the hot vinegar and butter, and remove from the heat. Cool and add the sour cream. Serves 6.

There are on the market reliable brands of French, Thousand Island, Cooked and Mayonnaise dressings which give excellent results.

Eggs in Various Ways

Eggs in Our Meals--Eggs are rich in minerals, particularly food iron, and contain three vitamins A, B and D. One egg a day for adults and children over two years old, and one egg *yolk* a day for babies one to two years old will invariably improve physical health. Eggs may be substituted for meat in the menu. See p. 11.

Poached—Fill a frying-pan ⅔ full of water, measuring it as you add. Add ½ tsp. salt to each pint of water. Put in the greased muffin rings or egg poachers. Break eggs one at a time in a saucer and slip them into the rings in the boiling water. Turn off heat entirely so that eggs will cook slowly. Cover pan or carefully baste tops of eggs to form white film. When whites are firm, lift out eggs carefully. Poached eggs may be served as a luncheon dish, by placing them on squares of buttered toast, and pouring over them a savory sauce, such as Cheese Sauce, Tomato Sauce or Hollandaise Sauce. Recipes for these sauces are given on p. 117.

Soft-Cooked—Use a deep saucepan and 2 cups. of water for each egg. Have the water boiling, put in eggs, remove from heat and let stand 6-8 min. Or put eggs in cold water, heat slowly, remove as soon as water boils, and let stand 3-5 mins.

Hard-Cooked—Follow method for soft-cooked eggs; put eggs in boiling water, remove from heat, let stand 45-60 min. Or start in cold water, bring to a boil, remove from heat, let stand 20-30 min. A quick method is to put eggs into boiling water and let water continue boiling for 15 min.

POACHED EGGS WITH CURRY SAUCE

1 tablespoonful butter or margarine
½ small onion, minced
1 tablespoonful flour
1 teaspoonful curry powder
½ teaspoonful salt
⅛ teaspoonful pepper
1 egg yolk
1 tablespoonful cream
6 eggs
1 cupful stock or water

Melt the fat, add the minced onion and sauté until brown. Add the flour and curry powder and mix thoroughly. Add the stock or water. Cook until the mixture thickens and is smooth. Add salt and pepper. Meanwhile poach 6 eggs and place on

rounds of buttered toast. Add to the curry sauce, the egg-yolk and cream beaten together, and pour the sauce over the eggs. Serve at once. Serves 6.

Scrambled Eggs—

PLAIN SCRAMBLED EGGS

4 eggs
2 tablespoonfuls milk, cream or water
Speck of pepper
½ teaspoonful salt
2 tablespoonfuls fat

Melt the fat in a frying-pan and lower the heat. Beat the eggs slightly, add the liquid, salt and pepper, and pour into the hot skillet. When the mixture begins to set on the edges stir it and lift from the pan so that the uncooked portion will run under. Continue to do this until eggs are just set and jelly-like. Serve at once. Cooked vegetables, fish or meat which have been chopped or diced may be added to the egg mixture just before removing from the fire. Serves 4.

Scrambled Eggs with Mushrooms—Drain and slice the mushrooms from one 8 oz. can. Add to beaten eggs in recipe above.

Omelets—

PLAIN OMELET

5 eggs
5 tablespoonfuls water
1 teaspoonful salt
⅛ teaspoonful pepper
2 tablespoonfuls fat

Melt the fat in a frying-pan and tip the pan to grease the sides and bottom. Beat the eggs just enough to blend yolks and whites. Add the water, salt and pepper, and pour mixture into the skillet. Cook over low heat until a film of cooked egg has formed on the bottom of the pan. Lift the edge of the omelet and tilt the pan so that the uncooked portion runs under the raised cooked portion. Cook a minute longer and repeat the process. Continue until the mixture is cooked and brown on the bottom. Loosen with a spatula, fold like a jelly roll and serve on hot platter. If desired, spread with jelly before folding. Serves 6.

FLUFFY OMELET

6 eggs, separated
6 tablespoonfuls milk or water
¾ teaspoonful salt
⅛ teaspoonful pepper
1½ tablespoonfuls fat

Beat egg-yolks until thick and lemon colored, add the liquid, salt, and pepper. Beat egg-whites in another bowl until stiff and dry and fold into the yolk mixture. Melt the fat in an omelet pan or frying-pan and tip it slightly to grease sides and bottom. Pour in the omelet and spread evenly on the surface. If a regulation omelet pan is used grease both sides and pour half the liquid in each side. Cook over low heat until the omelet is golden brown on the underside. Place it in a slow oven of 350° F. for 5 min. to dry off top. Loosen with spatula, fold, and turn on to a hot platter. *Serve at once.* Serves 6.

SPANISH OMELET

Prepare a Fluffy Omelet and serve with the following Spanish Sauce:

1 tablespoonful fat
1 tablespoonful chopped green pepper
¼ teaspoonful celery salt
3 chopped mushrooms
1 teaspoonful chopped onion
½ tablespoonful flour
¼ teaspoonful salt
Speck of pepper
1 cupful tomatoes

Melt fat, add green pepper, onion and mushrooms. Cook slowly for 3 min., add flour and seasonings. Mix well. Add tomato and simmer gently until thick. Serves 6.

CRUMB OMELET

4 eggs
½ cupful milk
½ cupful bread crumbs
½ teaspoonful salt
⅛ teaspoonful pepper
2 tablespoonfuls butter

Soak bread crumbs in milk for 15 min. Make same as Fluffy Omelet. Serves 6.

Eggs in Variety—

CURRIED EGGS

6 hard-cooked eggs
2 tablespoonfuls flour
2 tablespoonfuls fat
1 cupful milk
½ teaspoonful curry-powder
1½ cupfuls seasoned boiled rice
Few grains each pepper and paprika
½ teaspoonful salt

Make a sauce of the fat, flour, seasonings, and milk. Bring to scalding point, and add the eggs quartered. Arrange a border of rice around the platter, and pour the egg mixture in the center. Serves 6.

ITALIAN EGGS

1 tablespoonful minced onion
2 tablespoonfuls melted fat
1 tablespoonful minced parsley
2 cupfuls tomato sauce
½ cupful diced soft cheese
Salt to taste
4 eggs

Cook the onion in the melted fat until golden brown. Add all other ingredients except the eggs, and stir constantly until the cheese is melted. Add the slightly beaten eggs, stir gently until eggs are set. Serve on buttered toast. Serves 4.

EGGS LOUISIANA

1 cupful condensed tomato soup
¾ cupful cold water
1 cupful stale bread crumbs
½ cupful left-over cooked vegetable
4 eggs
½ teaspoonful salt
⅛ teaspoonful pepper
½ cupful grated cheese
1 small onion, grated

Combine the soup, water, crumbs, vegetable and onion. Pour into a greased baking dish. Break the eggs carefully on top and sprinkle with the salt and pepper. Cover lightly with grated cheese and then bake in a hot oven of 400° F. until the eggs are set, about 15 min. Serves 4.

MUSTARD EGGS

6 eggs, hard-cooked
6 large mushrooms
6 tablespoonfuls butter or margarine
4 tablespoonfuls flour
1 teaspoonful dry mustard
½ teaspoonful salt
⅛ teaspoonful pepper
⅛ teaspoonful paprika
1 teaspoonful chopped chives
2 cupfuls milk
6 rounds of toast

Hard-cook the eggs and shell. Wash mushrooms and sauté them gently for 5 min. in half the fat. Melt the rest of the fat in a saucepan. Add the flour, mustard, salt, pepper, paprika and chives. Stir until bubbling, add the milk gradually, stirring constantly. Cook until smooth and thickened. Place a sautéed mushroom on each round of toast. Over this lay an egg, cut in halves crosswise, cut side down and pour a generous portion of sauce over all. Sprinkle with paprika. Serves 6.

PIQUANT STUFFED EGGS

8 eggs, hard-cooked
3 strips bacon
½ teaspoonful minced onion
2 tablespoonfuls chili sauce
1 teaspoonful tarragon vinegar
¼ teaspoonful salt
Paprika
Mayonnaise

Mash the egg yolks, add the cooked and finely chopped bacon, the minced onion, the chili sauce, vinegar, salt, paprika, and enough mayonnaise to make a smooth paste. Stuff the egg whites with this mixture. These stuffed eggs may be served with salad greens as a salad, or added to Medium White Sauce (see p. 117) and served on toast.

EGG AND VEGETABLE CASSEROLE

2 cupfuls diced cooked potatoes
1 cupful diced cooked celery or other vegetable
5 hard-cooked eggs, sliced
½ cupful grated cheese
1 tablespoonful chopped onion
1 tablespoonful chopped pimiento
2 cupfuls well-seasoned Medium White Sauce (see p. 117)

Add all the ingredients except the cheese to the hot white sauce. Pour into a well greased casserole dish and top with the grated cheese. Bake in a hot oven of 450° F. about 15 min. or until brown. Serves 6.

Cereals for Breakfast

Cereals In Our Meals—Cereals cost little but are worth much. All types are important as "fuel" food, as they supply the body with energy. Whole grain cereals also contain valuable minerals and vitamins, and for this reason it is well to eat whole grain cereal or whole grain bread at least once a day. Cereal for young babies should be thoroughly cooked and strained.

There are on the market raw cereals which require long slow cooking, quick-cooking cereals which have been partially cooked in the manufacturing process and "ready-to-eat" cereals which are all ready to put on the table. Manufacturers' directions which are found on the package are accurate and may be followed exactly.

Breakfasts need not be monotonous if a variety of cereals are served!

Macaroni and Rice Dishes

Macaroni, spaghetti or rice may occasionally be served instead of potatoes in a menu. They do not take the place of potatoes in the diet, however, because potatoes furnish minerals which the others lack.

Boiled Rice—Wash rice in coarse strainer; hold directly under running cold water. Allow 2 qts. of boiling water and 1 tbsp. salt for each cup. of rice. When the water is boiling rapidly, sprinkle in the rice slowly so that the water does not stop boiling. Continue rapid cooking until rice is tender, lifting the rice occasionally with a fork so that it does not stick to bottom of pan. When tender, drain rice in a colander. Dry the rice in a warm oven. Stir the rice once or twice with a fork so that all the steam may escape.

Double-Boiler Method for Rice—To 1 cup. of washed rice put in the top of a double-boiler, add 1 qt. of boiling water, and 2 tsp. salt. Cover and steam until soft or about 50 min. The water should be completely absorbed at the end of the cooking period. Place cooked rice, uncovered, in warm oven for 5 min. to dry out, leaving the oven door ajar.

Boiled Macaroni and Spaghetti—Follow directions for boiling rice. It is not necessary to first wash the macaroni or spaghetti. When tender drain thoroughly. May be served hot with butter as a vegetable.

BAKED MACARONI AND TOMATOES

2 cupfuls cooked macaroni
3 cupfuls canned tomatoes
¾ teaspoonful salt
2 tablespoonfuls melted fat
½ cupful buttered crumbs

Add fat and salt to the tomatoes, arrange in layers with macaroni in a greased baking-dish. Cover with buttered crumbs and bake in a hot oven of 400° F. for 25 min. Serves 6.

CASSEROLE OF MACARONI

1 cupful macaroni (2″ pieces)
1½ cupfuls scalding milk
1 cupful soft crumbs
⅜ teaspoonful salt
Dash paprika
1 tablespoonful chopped chives
1½ cupfuls grated American cheese
¼ cupful melted butter or margarine
1 pimiento, chopped
1 tablespoonful chopped parsley
3 eggs
⅛ teaspoonful pepper

Cook macaroni in boiling salted water, and drain. Pour scalding milk over bread crumbs. Add fat, pimiento, chives, grated cheese

and seasonings. Then add well beaten eggs. Put macaroni in a greased casserole and pour milk and cheese mixture over it. Bake about 50 min. in a moderate oven of 350° F. until firm. Serve with Mushroom Sauce (see p. 117). Serves 6.

MACARONI AND CHEESE

1½ cupfuls macaroni broken in pieces
3 tablespoonfuls butter or margarine
3 tablespoonfuls flour
½ teaspoonful salt
⅛ teaspoonful pepper
Dash paprika
1½ cupfuls milk
1½ cupfuls grated cheese
½ cupful buttered crumbs

Cook the macaroni as directed on p. 62 and drain. Melt fat in top of double-boiler, add flour and seasonings and blend thoroughly. Pour in milk and stir until thick and smooth. Cook for 5 min. longer, then add 1 cup. grated cheese and stir until all is melted. Put ½ of macaroni in greased baking dish, cover with ½ the sauce and ¼ cup. of grated cheese. Repeat, using remaining ingredients. Sprinkle buttered crumbs on top and bake in a moderate oven of 375° F. for 20 min. or until well browned. Serves 6.

ITALIAN MACARONI OR SPAGHETTI

½ pound spaghetti or macaroni
1 teaspoonful salt
¼ cupful salad oil
2 medium sized onions
2 tablespoonfuls chopped green pepper
2 cupfuls canned tomatoes
2 teaspoonfuls sugar
Grated Parmesan cheese

Heat the salad oil in a saucepan, add minced onions and pepper; cook till half tender, then add tomatoes, salt and sugar. Cook slowly until the onions are tender, and the sauce is reduced ⅓. Cook macaroni or spaghetti as directed on p. 62. Put into a heated dish, stir about 2 oz. of grated cheese through it, pour over the sauce and serve at once. Serves 6.

BROWN RICE SAVORY

½ cupful brown rice
1 teaspoonful salt
1½ cupfuls water
1 large can sardines
1 teaspoonful prepared mustard
⅛ teaspoonful curry powder
1 tablespoonful lemon juice
1 tablespoonful butter or margarine
⅛ teaspoonful pepper
½ teaspoonful salt
Chopped parsley

Cook the rice in the water with 1 tsp. salt until rice is tender. Pour off the oil from the sardines and add to it the prepared mus-

tard, curry powder and lemon juice. Coat the sardines with this dressing. Season the rice with the butter or margarine, ½ tsp. salt and pepper and place in a serving dish. Lay sardines on the bed of hot rice and sprinkle the whole with chopped parsley. Serves 6.

For Rice Desserts, see p. 185.

SCALLOPED RICE AND MUSHROOMS

- 2 cupfuls hot, seasoned, cooked rice
- 1 can condensed tomato soup
- 1 seeded green pepper
- 1 four-ounce can mushrooms
- 4 tablespoonfuls melted fat
- Salt
- Pepper

Combine the rice, tomato soup, green pepper chopped fine, canned mushrooms with juice, fat and additional salt and pepper if necessary. Arrange in a greased casserole and bake in a moderate oven of 375° F. for 30 min. Serves 6.

When You Serve Cheese

Cheese in Our Meals—As a milk product, cheese bears a striking resemblance to milk in its importance as a food. Rich in protein, fat and minerals, especially calcium, it provides an economical substitute for meat and suggests many tempting possibilities for the main, vegetable and salad courses. On p. 11 we have indicated the place of cheese in the meals.

CASSEROLE OF MACARONI (See p. 62)

CHEESE DREAMS

- 2 tablespoonfuls melted butter or margarine
- 1 egg beaten
- ¼ teaspoonful salt
- ½ teaspoonful prepared mustard
- 2 teaspoonfuls Worcestershire Sauce
- 2 cupfuls grated cheese
- 8 slices bread
- 8 slices bacon
- ⅛ teaspoonful paprika

Combine the melted fat, beaten egg, salt, mustard, paprika, Worcestershire Sauce and cheese. Spread on the bread slices, arrange the bacon slices one on each, and cook under the broiler heat until the cheese is melted and the bacon crisp. Serve accompanied by green or ripe olives or pickles. Serves 8.

CHEESE FONDUE

1¼ cupfuls soft stale bread crumbs
1 cupful milk
½ teaspoonful salt
⅛ teaspoonful mustard
½ pound cheese, grated
3 eggs

Separate the eggs. Beat the yolks slightly and add the bread crumbs, milk, salt, mustard and grated cheese. Last fold in the egg whites, beaten stiff. Turn into a greased baking dish and bake in a moderate oven of 350° F. for 50 min. or until a silver knife inserted into the center of the mixture comes out clean. Serves 6.

STUFFED CELERY HORS D'OEUVRES (See p. 127)

MEXICAN RABBIT

2 tablespoonfuls butter or margarine
3 tablespoonfuls chopped, green pepper
2 tablespoonfuls finely chopped onion
2 tablespoonfuls flour
2 cupfuls grated cheese
2 cupfuls stewed tomatoes
2 eggs, separated
½ teaspoonful salt
1 cupful milk
Toasted crackers or bread

Melt the butter, add the green pepper and onion and simmer 5 min. or until tender. Add the flour, stir until smooth, then add the milk. When blended add the cheese, stirring until melted; then add the tomatoes. Add next the beaten egg yolks and seasoning. Last, fold in the egg whites, stiffly beaten. Turn into a greased casserole and bake in a moderate oven of 350° F. for 30 min. Serve on toasted crackers or bread. Serves 6.

TOMATO RABBIT

2 tablespoonfuls butter or margarine
2 tablespoonfuls flour
¾ cupful milk
¾ cupful canned tomato sauce
⅛ teaspoonful soda
2 eggs, slightly beaten
½ pound cheese, grated
½ teaspoonful salt
¼ teaspoonful mustard
Speck cayenne
Toasted crackers or bread

Melt the fat in the top of a double boiler. Add the flour, stir until smooth, then add the milk gradually, while stirring. When thickened add the tomato sauce and soda, then the beaten eggs, salt, mustard and cayenne. Last fold in the grated cheese and continue cooking until melted, while stirring. Serve on toasted crackers or bread. Serves 6.

WELSH RABBIT

1½ tablespoonfuls butter or margarine
1½ teaspoonfuls cornstarch or flour
¾ cupful milk
¾ pound cheese, grated
¾ teaspoonful salt
¾ teaspoonful prepared mustard
¾ teaspoonful paprika
1 teaspoonful Worcestershire Sauce
Toasted crackers or bread

Melt the fat in the top of a double boiler. Add the cornstarch, stir until smooth, then add the milk gradually and cook, stirring until thick and smooth. Add the cheese and stir until it is melted. Next add all of the seasonings and serve at once on crackers or toasted slices of bread. Serves 6.

CHEESE AND GREEN PEPPER SALAD (See p. 49)
FROZEN CHEESE SALAD (See p. 49)

CHEESE SOUFFLÉ

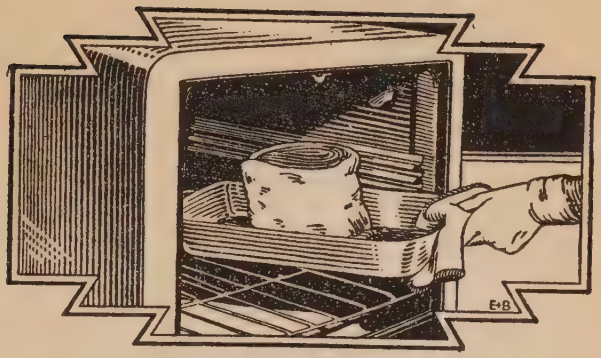
4 tablespoonfuls butter
4 tablespoonfuls flour
2 cupfuls milk
2 cupfuls grated cheese
½ teaspoonful salt
⅛ teaspoonful mustard
⅛ teaspoonful paprika
⅛ teaspoonful soda
3 egg yolks
3 egg whites

Melt the fat in a sauce pan. Add the flour while stirring. When smooth add the milk, salt, mustard, paprika and soda. When thickened add the grated cheese and stir until smooth. Pour over the beaten egg yolks and when blended fold in the egg whites stiffly beaten. Pour into one large greased casserole or into six or eight individual greased molds. Set in a pan of hot water and bake in a moderate oven of 375° F. for 45 to 50 min. or until firm. Serves 6.

CHEESE TIMBALES WITH TOMATO SAUCE

3 eggs
1 cupful milk
⅓ cupful bread crumbs
1 teaspoonful finely chopped onion
½ teaspoonful salt
Speck pepper
¾ cupful grated cheese
2 cupfuls hot tomato sauce

Beat the eggs, and add the milk, crumbs, seasonings, onion and grated cheese. Turn into greased custard cups. Set in a pan of hot water and bake in a moderate oven of 325° F. for 40 to 50 min. or until a silver knife inserted in the center of the custard comes out clean. Serve, turned out on buttered toast with the tomato sauce poured around them. Serves 6.



Roasts, Chops and Steaks

Meat in Our Meals—Meat as one of our best sources of protein may well find use as the main course of one meal of the day. On p. 11 we indicate the place meat should claim when you are planning your family meals.

Roasts, chops, steaks and similar cuts of meat are sometimes called the "select cuts" because they are tender, quickly cooked and in great demand.

Broiled—A frequent use of the broiler in meal preparation not only produces food of delicious flavor, but simplifies cooking and dishwashing, for several foods may be broiled at the same time, as in the case of mixed grills. Broiler pans are now being designed so as to reduce greatly the smoke and prevent any damage of fat catching on fire. There is also now on the market a type of broiler which eliminates practically all smoke and spattering. This can be purchased separately if your own broiler is not satisfactory.

Some of the cuts of meat suitable to be broiled are sirloin, porterhouse, minute or Delmonico steaks, tenderloin or fillet of beef, pork or lamb chops, sausages, hamburg balls, etc. In broiling a medium rare Delmonico steak about 1½" thick, wipe the meat with a damp cloth. Preheat the broiler oven with the heat on full for 10 minutes. Grease the broiler rack slightly, then arrange the meat

in the center of it. Place the broiler pan with the rack and meat in position as near the heat as possible without coming in actual contact with the heat. Broil the steak for 5 min. on one side, then turn and broil 10 min. on the other side. Turn again and broil 5 min., making 20 min. broiling in all. Then sprinkle the steak with salt and pepper, place a good sized piece of butter in the center and serve at once. Rare steak (1½" thick) requires about 15 min. broiling; rib and loin lamb chops (1½" thick) require 10 to 12 min. broiling; mutton chops (1½" thick) require 15 to 20 min. broiling; rib veal chops (1" thick) require 15 min. broiling; veal cutlets (1½" thick) require 15 min. broiling and sliced ham (½" thick) requires 20 to 25 min. broiling. In broiling by electricity preheat the broiler oven until the heating element is glowing, then follow the procedure given above.

Pan Broiled—The cuts of meat suitable for broiling can be pan broiled as well. Heat a frying pan of heavy weight material until very hot. Do not put in any fat. Lay in the meat, sear quickly on one side, turn and sear on the other side. Repeat. Then lower the heat slightly and continue the broiling and turning until meat is done. Continually pour off the melted fat that may collect in the pan, and broil about the same length of time as when using the broiler. Sprinkle with salt and pepper, dot with butter and serve at once. In pan broiling bacon, turn the slices frequently and pour off some of the fat while broiling, if necessary.

Roasted—Some of the cuts of meat most suitable for this method of cooking are: sirloin, porterhouse and rib roasts of beef, the leg and loin of veal, the loin or shoulder of pork, the loin, shoulder or leg of lamb. A covered or uncovered roaster may be used. But in general those meats which require long cooking because of their size, like large poultry, or because of their nature, like pork or veal, are best cooked in a covered roaster. The more tender cuts of beef are better in flavor and color when cooked in an uncovered roaster. In preparing the meat for roasting wipe it with a damp cloth and trim off any excess fat. Then weigh the meat and compute the time period for roasting following the time table on p. 69. Next dust lightly with seasoned flour. If desired, spread the roast with prepared mustard or place a few slices of onion or garlic on the surface of the meat, or make several small gashes in the meat and insert the cut garlic. Place the meat on a small wire trivet in the bottom of the roasting pan and roast according to the time table which follows; no basting is necessary and no water need be added.

ROASTING TEMPERATURES

Kind of Food	*Temperature*	*Time*
Rolled Beef (uncovered roaster)	500° F. for 15 min. and	25 min. to the lb.
Rare	350° F. for remaining time	
Medium	500° F. for 15 min. and 350° F. for remaining time	30 min. to the lb.
Standing Rib Roast (uncovered roaster)	500° F. for 15 min. and	20 min. to the lb.
Rare	350° F. for remaining time	
Medium	500° F. for 15 min. and 350° F. for remaining time	25 min. to the lb.
Ham, Fresh (covered roaster)	500° F. for 30 min. and 350° F. for remaining time	30 min. to the lb.
Ham, Fresh (uncovered roaster)	350° F. for entire time	30 min. to the lb.
Lamb, Leg of (uncovered roaster)	500° F. for 15 min. and 350° F for remaining time	20 min. to the lb.
Lamb, Leg of (covered roaster)	500° F. for 30 min. and 350° F. for remaining time	20 min. to the lb.
Pork, Loin of (uncovered roaster)	500° F. for 15 min. and 350° F. for remaining time	30 min. to the lb.
Pork, Loin of (covered roaster)	500° F. for 30 min. and 350° F. for remaining time	30 min. to the lb.
Veal (uncovered roaster)	500° F. for 15 min. and 350° F. for remaining time	20 min. to the lb.
Veal (covered roaster)	500° F. for 30 min. and 350° F. for remaining time	20 min. to the lb.

If your oven will not heat up to 500° F. you may sear the meat for 15 min. in the broiler oven, which has been preheated for 10 min. Turn the meat every 2 min. to expose top, bottom and sides, and then put this meat in a moderate oven of 350° F. for the remaining time. (See Roasting Temperatures above.)

BACON WITH BANANAS

6 bananas
4 tablespoonfuls butter or margarine
1 tablespoonful lemon juice
12 bacon slices

Peel the bananas and brush with the lemon juice and 2 tbsp. of the melted fat. Sauté in the rest of the butter in a frying pan until golden brown on all sides and tender. Remove to a platter and in the same frying pan cook the bacon until crisp. Arrange the bacon around the bananas and serve as a main dish at luncheon or supper. Serves 6.

CREAMED DEVILED HAM AND ASPARAGUS

1 bunch asparagus
3 tablespoonfuls butter or margarine
3 tablespoonfuls flour
⅛ teaspoonful paprika
Speck pepper
1 medium sized can deviled ham
1½ cupfuls milk
6 slices of toast

Wash, prepare and cook the asparagus until tender. Meanwhile melt the butter in a saucepan. Add the flour, stir until blended, then add the milk gradually while stirring constantly. When smooth and thickened, add the deviled ham, paprika and pepper. Pour over the hot asparagus arranged on toast and serve at once. Serves 6. Heated canned asparagus tips may be used.

COTTAGE HAM WITH HORSERADISH SAUCE

4 pound cottage ham
¼ cupful brown sugar
10 whole cloves
½ cupful boiling water

Rub the cottage ham with the brown sugar, and insert the cloves over the surface of the meat. Arrange on a rack in a roasting pan with the water and bake in a hot oven of 450° F. for 20 min. Then reduce the heat to 275° F and continue baking for 3 hrs. Serve with Horseradish Sauce (see p. 119). Serves 6 to 8.

HAM A L'ITALIENNE

2 pounds sliced ham
1 pint canned tomatoes
4 small peeled onions
Black pepper
½ cupful water

Order the ham sliced an inch thick. Put it in a covered frying or roasting pan. Slice the onions over the ham, then add the tomatoes,

a generous sprinkling of pepper, and the water. Cover and bake 1 hr. in a hot oven of 400° F. Then remove ham to a platter, and make a gravy of the tomato-juice and drippings (see p. 120). Serves 6.

SAVORY BAKED HAM

10 to 12 lb. ham
1 tablespoonful whole cloves
1 stick cinnamon
3 cloves garlic
1¼ cupfuls vinegar
1 small glass of apple or crabapple jelly
1 cupful brown sugar
4 teaspoonfuls dry mustard
¾ cupful water
¼ teaspoonful powdered cloves
¼ teaspoonful powdered cinnamon
2 tablespoonfuls vinegar
1 cup granulated sugar

Carefully wash the ham and plunge into a big kettle of boiling water—the ham must be completely under. Then toss in the whole cloves, stick cinnamon, garlic, 1 cup. of vinegar and the granulated sugar. Simmer gently for 3¼ hrs. or until tender. When done, turn off the heat, and let the ham remain in the hot liquor for at least 4 hrs. Next remove it from the water, trim off the top skin and pat in a mixture made by blending the brown sugar and 3 tsps. dry mustard. Whole cloves may be inserted all over the surface next, if desired. Put the ham in a baking pan, add ¼ cup. vinegar and the water, and bake in a slow oven of 350° F. for 1 hr. Don't baste until the ham is brown. Fifteen minutes before the ham is taken from the oven, make the following sauce: In a small saucepan mix 1 tsp. dry mustard, and the powdered cloves and cinnamon with 2 tbsp. vinegar. Then add the jelly and heat all over a slow heat until the jelly is melted. Add more vinegar if you want the sauce sharper. Put the ham on a platter and pour the hot sirup over it. Carve the ham straight to the bone and over each slice put a spoonful of the sauce. Serves 10 to 12.

SCALLOPED HAM AND POTATOES

1 pound sliced ham
1 quart sliced potatoes
12 whole cloves
2 small onions
1 pint milk
1 tablespoonful fat
2 tablespoonfuls flour
¼ teaspoonful pepper

Purchase the ham in 1 slice. Cut it into 6 portions and stick 2 cloves in each. Soak the sliced, raw potatoes in cold water for 1 hr.; then drain and dry thoroughly with a towel. Next melt the fat, add the flour, and cook till bubbling; then add the milk gradually, stirring constantly, and cook until smooth and slightly thickened. Place in a greased casserole a layer of the potatoes, using ⅓ of them.

Over these slice 1 onion and sprinkle with pepper. Lay on these 3 pieces of ham; repeat the layer, placing the rest of the potatoes on top. Pour the white sauce over all and bake for 1 hr. in a 350° F. oven, covering for the first half of the time. Serves 6.

LAMB OR VEAL PIE

3 cupfuls cooked lamb or veal, diced
1¼ cupfuls carrots, diced
1½ cupfuls diced potatoes
1 cupful canned or fresh cut string beans
1 large onion, chopped
3½ cupfuls water and left-over gravy combined
2 teaspoonfuls salt
⅛ teaspoonful pepper
3 tablespoonfuls flour
1 cupful diced celery
½ cupful canned tomatoes

Combine all of the ingredients, arrange in a covered casserole, and bake in a slow oven of 275° F. for 2½ hrs. Meanwhile prepare a crust as follows: Sift together 2 cups. pastry flour, ½ tsp. salt, and 4 tsp. baking powder; work in 4 tbsp. shortening until the mixture is crumb like in consistency. Then add ¾ cup. milk and stir until blended. Roll to ¼ in. thickness and arrange on top of the meat. Increase the temperature of the oven to 400° F. and continue baking for 35 to 40 min. or until the crust is done. Serves 6.

SAVORY LAMB CHOPS

First prepare garlic vinegar as follows: Remove the shells from a cluster of garlic and cut each clove in half, then bring 1 cup. cider or wine vinegar to the boiling point. Toss in the garlic, let cool and store in a jar. Now mix 1 tsp. dry mustard, ½ tsp. salt, and ¼ tsp. paprika, with 1 tbsp. garlic vinegar. Add 5 tbsp. olive or salad oil. Stir or blend well, and pour over 6 thick rib chops or English mutton chops placed close together on a platter. Do this 1 hr. before broiling. Turn the chops 3 or 4 times, so that the oil mixture penetrates both surfaces of the meat. Then broil the chops in the standard way (see p. 67); when done remove to a hot platter, and if there is any of the oil dressing left—pour it over the sizzling chops. Serves 6.

BAKED STUFFED LAMB CHOPS

6 lamb chops (2″ thick)
1 tablespoonful minced onion
½ cupful chopped canned or fresh mushrooms
2 tablespoonfuls butter or margarine
3 tablespoonfuls chili sauce
1½ teaspoonfuls flour
1 tablespoonful water

Melt the butter in a saucepan, add the minced onion, chopped mushrooms, and chili sauce. Simmer 5 min., then add the flour.

Stir well, and add the water last. Simmer 2 min. longer. Cut a pocket in each chop and fill the cavity with some of the stuffing. Arrange in a baking pan and bake in a hot oven of 400° F. for 30 to 35 min. or until done. Serves 6.

PORK CHOPS A L'INDIENNE

2 tablespoonfuls melted butter or margarine
1 tablespoonful chili sauce
1 tablespoonful Worcestershire sauce
1 tablespoonful walnut catsup
1 teaspoonful prepared mustard
½ teaspoonful salt
Dash cayenne
6 lean pork chops
Parsley
7 large white potatoes

Combine the fat, chili sauce, Worcestershire sauce, walnut catsup, prepared mustard, salt and cayenne. Pan broil the pork chops until seared on both sides, then gash them with a sharp knife and place in a baking pan. Pour the sauce over them and bake in a hot oven of 400° F. for 40 min. or until the chops are tender. Meanwhile cook the potatoes until tender, drain, mash and season well. Arrange the mashed potatoes in a mound in the center of a chop plate with the pork chops placed in pyramid fashion around them, having the bones pointing upward in the center. Garnish with a ring of parsley. Serves 6.

BAKED STUFFED PORK TENDERLOIN

3 pork tenderloins
6 tablespoonfuls melted butter or margarine
2 cupfuls toasted bread crumbs
1 cupful boiling water
1 egg slightly beaten
½ small onion, minced
½ teaspoonful minced parsley
½ teaspoonful salt
¼ teaspoonful celery salt
⅛ teaspoonful powdered sage
Speck pepper

Wipe the tenderloins with a damp cloth, then split and lay them opened flat. Rub with 2 tbsp. melted fat. Meanwhile prepare the stuffing as follows: Combine the toasted bread crumbs, ⅓ cup. boiling water, the egg, minced onion, parsley, salt, celery salt, powdered sage, pepper and 4 tbsp. melted butter. Beat until light, then spread on the pork tenderloins. Fold up the tenderloins and tie with string, if necessary. Arrange in a baking pan, sprinkle lightly with salt, put ⅓ cup. boiling water in the bottom of the pan and bake in a hot oven of 400° F. for 1 hr. or until the tenderloins are tender. In serving, cut and remove the strings. A gravy can be made from the drippings in the pan, if desired (see p. 120). Serves 6.

CROWN ROAST OF PORK

For six persons purchase 6 ribs from each side of a rack of loin of pork, each rib being trimmed in the same way that lamb chops are "Frenched" without separating the ribs. Ask the butcher to trim the pieces of meat so that the bones are on the outside and fasten together in a circle. Sprinkle the crown with salt, pepper and a little powdered sage, and roast in a covered roaster if possible in a very hot oven of 500° F. for 30 min., then in a moderate oven of 350° F. for the remaining time, allowing 30 min. to the pound. Serve with mashed potatoes, buttered onions, spinach, cauliflower, or brussels sprouts in the center. Serves 6.

STEAK DE LUXE

Rub a steak 1½" thick with a cut clove of garlic. Broil (see p. 67). When done put on a hot platter, salt it lightly. Meanwhile prepare the following sauce:

¼ to ⅓ lb. butter or margarine
1 tbsp. catsup
1 teaspoonful paprika
½ teaspoonful dry mustard
2 teaspoonfuls vinegar or lemon juice
1 tablespoonful Worcestershire or similar sauce

Put the butter in one side of a small saucepan. In the other side blend the catsup and Worcestershire sauce, then add the paprika, mustard and vinegar. Place the sauce pan over a low heat and stir the butter around in the condiments until it is melted, and the sauce is smooth and rich. Don't overheat or it will curdle. When done, pour over the steak. After carving, mix the meat juices with the sauce and give each serving a spoonful. Serves 6.

YORKSHIRE PUDDING

2 cups flour
½ teaspoonful salt
3 eggs beaten
2 cups milk
Beef drippings

Sift the flour and salt together, add the beaten eggs, then the milk. Beat 2 min. with an egg beater and pour into a hot baking pan in which are 4 tbsp. hot beef drippings from roasting beef. Have the fat bubbling fast before pouring in the pudding. Bake in a hot oven of 450° F. for 30 min., then reduce the heat to 350° F. for 15 min. Cut in squares or strips for serving. If to be baked in pan with roast beef, drain out all but 4 tbsp. drippings, push the roast to one end and pour in the mixture. Bake as above. Serves 6.

Cooking Less Tender Cuts of Meat

The so-called tougher, less expensive cuts of meat come from the muscles of the animal which are exercised most. However, with long slow cooking, these cheaper cuts lend themselves to many delicious dishes. Furthermore, when properly cooked their nutritive value and digestibility are exactly the same as in the expensive cuts. The Dutch oven, tightly covered kettles, covered casseroles, the so-called waterless cookers, pressure cookers, and electric fireless cookers all help solve the problem of cooking these meats.

Boiling—This method is suitable for mutton, ham, chuck, rump, flank and shank of beef and similar cuts. The meat is usually left in one piece. Wipe with a damp cloth. Plunge into boiling water and boil for ten minutes. This forms a coating which prevents the escape of juices. Then reduce the heat and simmer gently until tender. Such seasonings as a cut clove of garlic, bayleaf, diced celery, celery seeds, or celery leaves or onion added during the cooking of the meats enhance their flavor.

Stewing—Stewing suggests one of the most savory methods of cooking such cuts as chuck, flank, rump and round of beef, mutton, lamb, veal, etc., in combination with vegetables. In preparing a stew remove the fat from meat, cut meat in pieces for serving, dredge with flour and sprinkle with salt and pepper. Melt a little fat in a kettle and sear the meat a delicate brown. Cover with boiling water, add desired seasonings and simmer gently until tender, 2 to 4 hrs. Prepared vegetables may be added the last hr. of cooking. The gravy in the stew may be thickened with flour stirred smooth with a small amount of water if desired. Delicious stews can be made by baking them in a covered casserole or Dutch oven in a slow oven at 350° F. for 30 min. longer than is required when cooking them on top of the stove. Stews may also be cooked in a *pressure cooker*—cook the meat at ten lbs. pressure for 30 min.; then add the vegetables, seasonings and flour for thickening and continue the cooking at 10 lbs. pressure for 20 min. Or use the *electric fireless cooker*—preheat it on high for 30 min., put in meat and water, bring to a boil, add the vegetables and continue cooking on "high" until the mixture boils. Then cook on "low" for 2 hrs. or until meat is tender. Much of the appeal of a stew depends upon the blend of seasonings, herbs and spices used. Celery, parsley, bayleaf, onion, cloves, thyme, chili sauce, mustard, green

peppers, as well as the bottled seasonings in liquid form all hold possibilities for enhancing the flavor of stews. Dark caramel (see p. 120) adds color and flavor to stews, gravies and sauces and may well find a place on the pantry shelf.

AMERICAN BEEF STEW WITH DUMPLINGS

3 lbs. beef from chuck
2 tablespoonfuls fat
¼ cupful sliced onions
½ cupful diced celery,
Bouquet garni (2 sprigs parsley, 2 stalks celery, 1 sprig thyme, 1 leek)
1 onion stuck with 3 cloves
1 bayleaf
4 peppercorns
4 allspice berries
3 teaspoonfuls salt
⅛ teaspoonful pepper
3 tablespoonfuls catsup
1 teaspoonful kitchen bouquet
6 cupfuls boiling water
6 white turnips
6 medium carrots
Flour to thicken

Melt fat in bottom of kettle. Add meat which has been cut from the bone and then into one inch cubes and sauté until golden brown on all sides. Then add meat bones, sliced onions, diced celery, bouquet garni, and onion stuck with cloves. Also add bayleaf, peppercorns, and allspice berries tied in a small bag, salt, pepper, catsup, kitchen bouquet, and boiling water. Cover closely and simmer gently for 1½ hrs. Then add turnips and carrots pared and cut into pieces, and continue simmering for 1½ hrs. longer or until meat and vegetables are tender. Replenish with boiling water if necessary, measuring the same. When done, remove the bouquet garni, bones, onion stuck with cloves, and the bag of spices. For every cup. of water used stir in 1 tbsp. flour mixed smoothly with an equal quantity of cold water. Stir until it boils. Simmer 5 min. longer and add dumplings (see p. 141). Serves 8.

HUNGARIAN GOULASH

2 lbs. beef from brisket
1 No. 3 can tomatoes
2 lbs. potatoes (about 6 medium)
4 medium onions
1 green pepper
2 teaspoonfuls salt
1 teaspoonful sugar
⅛ teaspoonful pepper
2 teaspoonfuls Dark Caramel (see p. 120)
Flour to thicken

Cut meat in small cubes and arrange about ⅓ of it on the bottom of a deep kettle. Season with some of the salt and pepper. Add a layer of potatoes cut in pieces, then a layer of sliced onions and thinly sliced green pepper. Continue until all ingredients are used. Add sugar and dark caramel, enough cold water to cover, measuring

it as added, and let come to a boil. Add the tomatoes, cover closely, and simmer for 2 hrs. or until the meat is perfectly tender. For each cup. of water stir in 1 tbsp. flour mixed smoothly with an equal quantity of cold water. Stir gently with a fork until it boils. Let it simmer 15 min. longer. If baked in the oven, add 30 min. to the cooking time period. Serves 6 to 8.

IRISH STEW

2 lbs. mutton
6 medium potatoes
6 medium carrots
6 small onions
1 small yellow turnip, cubed
3 sprigs parsley
2 teaspoonfuls salt
¼ teaspoonful pepper
2 teaspoonfuls sugar
3 teaspoonfuls Dark Caramel (see p. 120)
Flour to thicken

Cut mutton in inch cubes, add cold water to cover, measuring it, and bring to a boil. Add potatoes cut in eighths, carrots cut in strips, small whole onions, the turnip cubed, parsley, salt, pepper, sugar, and dark caramel. Cover closely and simmer slowly for 2 hrs. or until meat is tender. For each cup. of water stir in 1 tbsp. of flour mixed smoothly with an equal quantity of cold water and stir gently until it boils. Then cook slowly for about 10 min. Serves 6 to 8. If baked in the oven, add ½ hr. to the cooking period.

SPANISH GUISADO

2 lbs. bottom round of beef
¼ cupful of olive oil
3 small onions
2 tablespoonfuls chopped parsley
1 clove garlic
⅛ teaspoonful pepper
2 teaspoonfuls salt
3 green peppers, cut in strips
6 potatoes, cubed
Flour to thicken

Cut meat in inch cubes. Put olive oil, chopped onions, parsley and clove of garlic in a deep kettle and cook slowly until the onion is golden brown. Remove the garlic, add the meat, and brown it. Add the salt and pepper and the green peppers with 4 cups. boiling water, or enough to cover, measuring it. Cover closely and simmer for 1 hr. Add potatoes and continue simmering for 1 hr. longer, or until the meat is tender. For each cup. of water added stir in 1 tbsp. of flour mixed smoothly with an equal quantity of cold water. Stir until it boils and cook 15 min. longer. Serves 6.

Braising—This is one of the best methods of cooking the less tender cuts of meat as brisket, rump, flank, short ribs, tongue, liver, or chuck of beef and mutton. It is usually a combination of stewing and baking in a tightly covered casserole, Dutch oven, waterless

cooker or kettle. Wipe the meat, sprinkle lightly with flour, salt, and pepper, and brown on all sides in a little fat. Arrange in the kettle with desired seasonings and just enough boiling water to cover well the bottom of the kettle. Cover closely and cook on the top of the stove or in a slow oven of 350° F. for 2 hrs., adding more water if necessary. Then turn the meat. Add the desired combination of vegetables and continue cooking for 1 hr. longer or until the meat is tender.

BRAISED BEEF

3 lbs. brisket or beef round
2 tablespoonfuls flour
1 teaspoonful salt
⅛ teaspoonful pepper
4 tablespoonfuls fat
Boiling water
1 cupful canned tomatoes
3 tablespoonfuls melted butter or margarine
2 carrots, chopped
1 tablespoonful chopped parsley
½ cupful diced celery
1 medium onion, chopped

Lightly sprinkle the meat with flour, salt and pepper. Brown on all sides in the fat melted in a frying pan. Arrange in the kettle or casserole. Add enough boiling water to cover well the bottom of the kettle, cover closely and cook slowly 2 hrs. Then add remaining ingredients and continue cooking for another hr. or until the meat is tender. Serves 6.

Pot Roasting—Pot roasting is somewhat similar to braising and is suitable for cooking round, rump, chuck or plate of beef. Buy 4 to 5 lbs. of beef, wipe with a damp cloth, then sprinkle lightly with flour, salt and pepper. Melt 3 tbsp. of fat in a kettle and sear the meat well on all sides. Add enough boiling water to bring liquid up to ¼ the height of the meat. Cover closely and simmer gently for 2 hrs., replenishing the water when necessary. Then add prepared vegetables such as potatoes, carrots, onions, etc., and continue cooking for another hr. or until meat and vegetables are tender.

BEEF A LA MODE

5 pounds pot roast
¼ pound salt pork
1 teaspoonful salt
⅛ teaspoonful pepper
1 tablespoonful chopped onion
1 teaspoonful thyme
1 tablespoonful chopped parsley
2 bay leaves broken fine
½ cupful vinegar
2 onions
1 tablespoonful fat
5 carrots
2 white turnips, quartered
1 No. 3 can tomatoes

Mix the salt, pepper, chopped onion, thyme, parsley and bay leaves. Cut salt pork in thin strips and roll in the mixed seasonings.

Cut gashes all over the meat ½ in. deep and insert seasoned strips of pork. Roll the roast well in the vinegar and let stand overnight or from early morning until after luncheon. Chop onions and brown in the fat. Put in the roast and brown on all sides. Add cleaned carrots, prepared turnips and tomatoes. Cover tightly and simmer 3 hrs. Serves 6 to 8.

POT ROAST WITH VEGETABLES

4 pounds beef
4 tablespoonfuls flour
1 tablespoonful beef drippings
2 teaspoonfuls salt
¼ teaspoonful pepper
1 Spanish onion
4 tomatoes
2 sweet green peppers
1 cupful diced celery
1 pint hot water

Prepare according to general directions for pot roasting (see p. 78). Serves 6 to 8.

Casserole Dishes with Meat—Many inexpensive cuts of meats lend themselves to baking in a casserole dish rather than a baking pan. This not only saves dish washing, but makes possible one-dish oven meals in which meat and vegetables are combined in an appetizing casserole dish.

BUBBLE AND SQUEAK (ENGLISH)

1 lb. round steak cut in 1 in. cubes
1 tablespoonful fat
2 cupfuls cubed potatoes
2 cupfuls sliced onion
1 No. 1 can (½ pint) mock turtle soup
2 teaspoonfuls salt
⅛ teaspoonful pepper
Flour to thicken

Sauté meat in fat. Put a layer of sautéed meat in a greased casserole, then a layer of onions and then a layer of potatoes, salting and peppering each, using all of the measured salt and pepper and continuing until the casserole is filled. Over all pour the mock turtle soup and enough cold water to cover. Measure liquid used. Cover closely and cook in a slow oven of 350° F. for 2 hrs. For every cupful of liquid used stir in 1 tbsp. flour mixed in an equal amount of cold water. Stir gently until it is mixed. Cook 15 min. longer. A baking powder biscuit crust (see p. 140) may be put on the casserole after the thickening is added. If this is done, raise the temperature to 450° F. for about 15 min. to bake the crust. Serves 6.

STUFFED FLANK STEAK

1 flank steak—weight 2 lbs.
4 cupfuls soft bread crumbs
3 small onions, minced
2 eggs slightly beaten
1 teaspoonful thyme
2 teaspoonfuls sage
1 teaspoonful marjoram
2 teaspoonfuls salt
⅛ teaspoonful pepper
4 tablespoonfuls melted fat
2 tablespoonfuls hot water

Combine all ingredients but the flank steak. Mix well, spread on steak, then roll it up, and secure with skewers or tie it. Next roll the stuffed steak in seasoned flour and sear on all sides in a little hot fat. Arrange in a casserole or Dutch oven, add ½ cup. hot water, cover and cook 1½ hrs. in a hot oven of 400° F. or until meat is tender. Arrange on a platter and remove skewers or string. Thicken the gravy left in the pan and serve with the stuffed steak (see p. 120). Serves 6.

RAGOUT OF MUTTON

1½ lbs. mutton
6 slices bacon
6 small onions, sliced
3 tablespoonfuls flour
3 cupfuls hot water
3 medium carrots
1 onion stuck with cloves
2 teaspoonfuls salt
⅛ teaspoonful pepper
Bouquet garni (1 stalk celery, 3 sprigs parsley, 1 bayleaf, 1 sprig thyme, tied together)
3 white turnips
6 potatoes

Trim meat, cut in inch cubes, and dredge with a little flour. Cut bacon in small pieces. Cook until crisp and remove to a plate. Brown onions in the fat, remove them, and brown cubes of mutton. Stir flour into remaining fat and brown. Add 2 cups. hot water and stir until the gravy boils. Pour into a casserole, add meat and bacon, bouquet garni, salt and pepper and onion stuck with cloves. Cover closely and cook in slow oven of 350° F. Peel turnips and dice them. Scrape and slice carrots. When the meat has cooked 1 hr. add vegetables and browned onions with 1 cup. hot water, or enough to cover, and continue cooking for 90 min. longer. In the meantime prepare, cook and mash potatoes. Remove bouquet garni from finished stew and if cooked on top of the stove pour into a casserole. Cover with fluffy mashed potatoes and brown in the oven or in broiler. Serves 6 to 8.

TOMATO STEAK

3 tablespoonfuls fat
2½ lbs. round steak 2″ thick
1 large onion
3 carrots
2 white turnips
2 cupfuls canned tomatoes
2 teaspoonfuls salt
⅛ teaspoonful pepper

Heat fat in a frying pan, add meat and sear it brown on all sides. Then arrange in a casserole and cover with onion, carrots, and turnips which have been peeled and chopped very fine, tomatoes, salt and pepper. Cover tightly and bake in a slow oven of 275° F. for 3 hrs. The gravy may be thickened if desired. Serves 6.

Selected Recipes For Inexpensive Meat Dishes—

NEW ENGLAND BOILED DINNER

4 lbs. corned beef brisket
6 medium carrots
Salt to taste
1 yellow turnip
1 small cabbage
6 medium potatoes

Cover meat with cold water, bring to a boil, then lower the heat and allow the meat to simmer gently for 3 hrs. or until tender. About 1 hr. before meat is done, skim it free of fat, add carrots, peeled and halved, turnip, cabbage and potatoes quartered. Continue cooking until all is tender. Serves 6.

CHOP SUEY (AMERICAN STYLE)

3 cupfuls lean, cooked veal or chicken, diced
1 cupful sliced onion
3 cupfuls canned bean sprouts
4 tablespoonfuls Chinese Soy Sauce
1 tablespoonful fat
4 cupfuls sliced celery
3 cupfuls water
1 small tomato
1 tablespoonful cornstarch
1 teaspoonful Chinese Brown Sauce

Sauté meat in fat until brown. Add celery, onion and water. Cook until celery is tender, stirring occasionally. Add diced tomato and bean sprouts and cook for 3 min. longer. Mix cornstarch with Soy Sauce and Brown Sauce and stir into Chop Suey. Cook about 1 min. longer until slightly thickened. Serves 6 to 8. The bean sprouts, Soy Sauce, and Brown Sauce as well as other Chinese products may all be obtained in canned form.

CORNED BEEF HASH

2 cupfuls chopped, cooked or canned, corned beef
2 cupfuls chopped, cooked potatoes
2 tablespoonfuls fat
1 tablespoonful minced onion
⅛ teaspoonful pepper

Chop meat and potatoes separately having them fine but not mashed. Heat a frying pan, melt fat and panfry the onion in it for 3 min. Then add beef, potatoes and pepper. When heated thoroughly allow hash to brown, then fold over like an omlet and transfer to a hot platter. If hash seems too dry, add 1 or 2 tbsp. hot milk or water. Serves 6. Any other chopped, cooked meat may be substituted for corned beef.

CORNED BEEF HASH AU GRATIN

2 cupfuls chopped, cooked or canned, corned beef
2 cupfuls chopped, cooked white potatoes
3 small onions, minced
1¼ cupfuls milk
1 teaspoonful salt
⅛ teaspoonful pepper
1 cupful coarse bread crumbs
¼ cupful melted butter or margarine

Combine chopped corned beef and potatoes and minced onions. If any other vegetable is left over use 1 cup. of it chopped, in place of potato. Add milk, salt and pepper. Pack into a greased baking dish and cover with crumbs which have been mixed with melted fat. Bake in a moderate oven of 375° F. for 30 min. or until the crumbs are brown. Serves 6.

SOMERVILLE MEAT LOAF

2 pounds beef, ground
¾ cupful suet
2 small onions, minced
2 cupfuls soft bread crumbs
3 teaspoonfuls salt
2 eggs
4 tablespoonfuls horseradish
1 teaspoonful dry mustard
4 tablespoonfuls minced green pepper
¾ cupful tomato catsup
4 tablespoonfuls Worcestershire sauce

Mix well all ingredients except catsup. Pack in a greased bread pan. Cover top of loaf with tomato catsup and bake in a hot oven at 400° F. for 45 min. This loaf may be made of left over meat and is delicious hot or cold. Serves 6.

STUFFED MEAT LOAF

1½ lbs. round steak, ground
1 egg well beaten
½ cupful milk
1½ teaspoonfuls salt
¼ teaspoonful pepper
1 tablespoonful Worcestershire sauce
1 cupful soft bread crumbs
½ teaspoonful sage
1 tablespoonful grated onion
4 tablespoonfuls melted fat

Combine meat, beaten egg, milk, 1 tsp. salt, ⅛ tsp. pepper, and Worcestershire sauce. Line the bottom and sides of a loaf pan with this mixture: Make a stuffing by combining bread brumbs, ½ tsp. salt, the sage, ⅛ tsp. pepper, grated onion and melted fat. Fill center of pan with this mixture. Cover top with more of the meat mixture. Cook in a hot oven of 400° F. for 45 min. Serve with Tomato or Mushroom Sauce (see pp. 117-118). Serves 6.

MIXED GRILL

1½ lbs. round steak, ground
1 teaspoonful prepared mustard
1 small onion, minced
4 tablespoonfuls melted butter or margarine
1 teaspoonful salt
⅛ teaspoonful pepper
6 bananas
3 tomatoes

Combine meat, mustard, minced onion, salt and pepper. Form into flat round cakes. Peel bananas and cut washed tomatoes in halves crosswise. Brush bananas, meat cakes and tomatoes with melted butter. Sprinkle tomatoes with salt and pepper. Then arrange meat cakes, bananas and tomato halves on a broiler rack and cook about 12 min. in the broiler oven which has been preheated 10 min. Turn bananas once. Serves 6.

MUTTON, ITALIAN STYLE

4 cupfuls boiling water
3 lbs. boned shoulder of mutton
6 medium onions
4 cloves
4 tablespoonfuls cold water
2 teaspoonfuls salt
⅛ teaspoonful pepper
1 cupful broken macaroni
4 tablespoonfuls flour
1 tablespoonful kitchen bouquet

Add boiling water, peeled onions stuck with cloves, salt and pepper to mutton and let simmer for about 2 hrs. or until meat is tender. Replenish water when necessary. Remove meat to a platter and cut into pieces for serving. Meanwhile add 2 cups. of boiling water to meat stock. Add macaroni and cook it until almost tender. Add flour moistened with cold water, kitchen bouquet and meat. Cook about 15 min. longer or until gravy has thickened and meat is thoroughly reheated. Serves 6 to 8.

SAVORY ROUND STEAK

2 lbs. bottom round
2 tablespoonfuls fat
2 tablespoonfuls flour
½ teaspoonful salt
2 cupfuls boiling water
⅛ teaspoonful pepper
1 tablespoonful prepared mustard
1 tablespoonful vinegar
1 tablespoonful dark caramel (see p. 120).

Cut meat into strips 3 in. long and 1 in. wide and sprinkle lightly with some flour. Meanwhile melt fat in a frying pan, add meat and brown it on all sides. Remove meat, and add to fat, the flour, salt, pepper, prepared mustard, vinegar, dark caramel and boiling water.

Stir until smooth and slightly thickened. Add meat, cover closely, reduce heat and simmer until tender or about 1 hr. Serves 6 to 8.

SPANISH STEAK

2 lbs. bottom round beef, chopped
1 egg well beaten
½ cupful milk
1 tablespoonful Worcestershire sauce
1 tablespoonful prepared mustard
1 tablespoonful minced onion
2 teaspoonfuls salt
⅛ teaspoonful pepper
1 No. 2 can tomatoes
1 cupful grated cheese
6 strips bacon

Combine chopped meat, beaten egg, milk, Worcestershire sauce, prepared mustard, minced onion, salt and pepper and pack into a loaf pan. Cover top with the tomatoes, drained (save the liquid for soup). Cover with grated cheese and lay bacon strips in a row over cheese. Bake in a moderate oven of 375° F. for 1 hr. Serves 6.

SHEPHERD'S PIE

Cut remnants of cold broiled steak or roast beef or any cooked meat in 1 in. cubes. Cover with boiling water, add ½ onion, and cook slowly 1 hr. Remove onion, thicken gravy with flour diluted with cold water, and season with salt and pepper. Add potatoes cut in ¼ in. slices, which have been parboiled 8 min. in boiling salted water. Put in a greased pudding dish, cover with hot mashed potatoes, baking powder biscuit mixture, or pie crust. Bake in a hot oven of 450° F. for 30 min. If covered with pie crust, make several incisions in crust.

Note—The variety of canned meats now on the market should greatly help housekeepers in their meal planning.

A Miscellany of Meats

In this chapter we are including such meats as *liver*, *tongue*, *kidney*, *heart*, *sweetbreads* and *sausages*. Of these meats, liver and kidneys are particularly rich in iron and therefore they are of special value in upbuilding the blood and combating anemia.

Liver—Calf and chicken livers are very tender and should be cooked quickly either by pan or oven broiling, sautéing or deep fat frying. Beef, pork and lamb livers are just as delicious, but being less tender should be cooked more slowly and for a longer time, as

in braising, stewing or baking. Liver needs only to be wiped with a damp cloth before using. With heavier livers remove the outer skin and any large veins. Beef, pork and lamb livers are made more tender if marinated by standing in a mixture of three parts of vinegar and one of oil overnight or several hours before cooking.

BRAISED LIVER WITH VEGETABLES

1 lb. beef liver
1½ tablespoonfuls flour
½ teaspoonful salt
⅛ teaspoonful pepper
2 tablespoonfuls melted fat
1 medium onion, sliced
¼ cupful diced celery
2 carrots, sliced
2 cupfuls strained tomatoes
½ bayleaf

Cut liver into 2 in. sqs., roll in combined flour, salt and pepper and then brown on all sides in hot melted fat. Remove meat and arrange in casserole. Brown onion, celery and carrots slightly in the same fat, then place in the casserole with tomatoes and bayleaf. Cover tightly and bake in a moderate oven of 350° F. for 1½ to 2 hrs. or until liver and vegetables are tender. Serves 6.

CALVES LIVER AND BACON

1 lb. calves liver
¼ cupful flour
1½ teaspoonfuls salt
¼ pound bacon

Have liver sliced ¼ in. thick. Dip slices in the flour and salt combined. Meanwhile cook bacon until crisp in a frying pan, then arrange on a platter and keep hot. Sauté liver slices in bacon fat for 5 to 10 min. turning frequently. Arrange in center of platter with bacon. Prepared in the same way, calves liver and bacon may be broiled for the same length of time. Serves 6.

GREEN PEPPERS STUFFED WITH LIVER

2 cupfuls cooked, finely chopped liver
1 cupful cooked rice
1½ tablespoonfuls chopped onion
8 medium green peppers
1½ teaspoonfuls salt
⅛ teaspoonful pepper
½ cupful milk
2 tablespoonfuls melted butter or margarine

Seed green peppers after cutting off a slice from the top. Cover with boiling water and simmer gently 5 min. Drain. Meanwhile combine finely chopped liver, rice, onion, salt, pepper, milk and melted butter. Slightly salt and pepper the inside of the green peppers, and fill them with the prepared liver stuffing. Bake up-

right in a baking pan with 1 cup. boiling water in a moderate oven of 375° F. for 30 min. or until peppers are tender. Serves 8.

STUFFED LIVER ROLLS

1½ pounds thinly sliced calves liver
4 cupfuls soft bread crumbs
1½ cupfuls drained crushed pineapple
1½ tablespoonfuls minced green pepper
1 small onion, minced
½ teaspoonful salt
¼ teaspoonful each of pepper, thyme, paprika and sage
½ cupful pineapple juice

Combine bread crumbs, crushed pineapple, green pepper, onion, all other seasonings and pineapple juice. Mix well and spread on slices of liver which have been previously sprinkled with salt and pepper. Roll up liver slices and secure each with a tooth pick. Sauté liver rolls in a little hot fat until golden brown on all sides. Add 2 cups boiling water and simmer very gently until tender. Remove rolls to a hot platter and serve with gravy made from liquor and stuffing that remain in the frying pan (see p. 120). Serves 8.

Tongue—

BAKED TONGUE WITH BLACKBERRY SAUCE

1 fresh beef tongue
Whole cloves
1 glass blackberry jelly or jam
1 cup raisins
Juice 1 lemon

Boil tongue as directed below until tender, adding 1 tbsp. mixed spices, 1 bay leaf and ½ cup. diced celery to the water while cooking. When tender remove skin, trim off root end and stick the solid meat full of whole cloves. Place in a greased baking pan, dust with flour, pour over the jelly, beaten soft with a fork, and raisins which have been cooked until tender in a cup of water. Add lemon juice and bake in a hot oven of 400° F. for 30 min. basting often. Serve hot or cold. Serves 6.

BOILED TONGUE

For a fresh tongue, wash in cold water, cover with boiling water adding 1 tsp. salt to each qt. of water and simmer 3 to 5 hrs. or until tongue is tender. Beef or sheep's tongue will require 4 to 5 hrs. Lamb's tongue requires 3 to 4 hrs. For a corned tongue, if very salty, soak in cold water overnight and drain. Cover with boiling water, boil 5 min. Remove scum and simmer until tender 3 to 5 hrs. Cool slightly in cooking water, then remove skin and trim off roots.

The choicest part of the tongue lies from the root to the middle and should be cut down in thin slices.

TONGUE IN TOMATO JELLY

1 can condensed tomato soup
1¼ cupfuls cold water
½ seeded green pepper
1 teaspoonful finely minced onion
⅛ teaspoonful salt
1 tablespoonful granulated gelatine
½ cupful cooked, fresh or canned peas
1 canned luncheon tongue
Lettuce or watercress

Combine soup, 1 cup. water, green pepper chopped fine, minced onion, and salt. Simmer 5 min. then add gelatine which has been soaked in ¼ cup. water for 5 min. Stir until completely dissolved, then add peas. Meanwhile arrange in a cold wet mold the luncheon tongue cut into dice. Pour hot tomato mixture over it and chill until set. Serves 6.

Kidneys—

SAUTÉED KIDNEYS

6 lambs kidneys
6 slices bacon
6 slices toast
Salt and pepper
Butter or margarine

Remove skin from kidneys and split lengthwise. Cook bacon in a hot frying pan until crisp. Remove and keep hot. Then sauté kidneys in bacon fat for about 4 min. or until tender. Sprinkle with salt, pepper, and a little butter. Arrange on toast and garnish with bacon. Serves 6.

KIDNEY STEW

1 beef kidney
6 cupfuls boiling water
4 tablespoonfuls flour
1½ teaspoonfuls salt
⅛ teaspoonful paprika
3 tablespoonfuls butter or margarine
1 hard-cooked egg
Toast
⅛ teaspoonful pepper

With a sharp knife cut kidney into slices ¼ in. thick. Next separate meat from gristle and fat, then cut meat into very small pieces. Cover with cold water, press the cut meat to squeeze out blood and drain. Repeat same process, then cover again with cold water and soak 2 hrs. Drain, cover with the boiling water, and simmer gently for 1½ hrs. or until kidney is tender, and there are about 3 cups. of liquor left. Set aside and cool. Meanwhile combine flour with enough of the cooled liquor to make a thin paste.

Reheat kidney mixture and add flour paste gradually until stew is the consistency of cream. Add salt, pepper, paprika, butter and shelled hard-cooked egg, minced coarsely with a fork. Serve hot on toast or by itself with hash browned or French fried potatoes. Serves 6.

Heart—

BAKED CALF'S HEART WITH ONIONS

1 calf's heart
1 cupful soft bread crumbs
1½ teaspoonfuls salt
½ teaspoonful powdered sage
¼ teaspoonful pepper
3 tablespoonfuls melted butter or margarine
2 tablespoonfuls bacon fat
2 tablespoonfuls flour
2½ cupfuls hot stewed tomatoes
6 medium onions

Wash the calf's heart and remove large veins and arteries. Fill cavity left by removing veins with a stuffing made of the bread crumbs, salt, sage, pepper and melted butter. Sew or skewer the heart to hold stuffing in. Melt bacon fat in a frying pan and brown the heart on all sides after rolling it in the flour. Place heart in a baking pan, pour hot stewed tomatoes over all and group onions around it. Bake in a slow oven of 275° F. for 3 hrs. Serves 6.

STEWED HEART

Trim heart, and wash in cold water. For beef's heart, soak in cold water 1 hr. Melt 2 tbsp. fat in a kettle. Chop 1 onion into small pieces and sauté in the fat. Add heart and sear on all sides. Pour over boiling water to cover and boil 10 min. Reduce heat and simmer gently until tender. A lamb's or calf's heart will require 1½—2½ hrs. Beef or sheep heart requires 2 to 3 hrs. The heart will have a better flavor if some vegetables are cooked with it—1 carrot minced, 3 tbsp. minced celery, 1 tbsp. tomato catsup or Worcestershire sauce, and a dash of cayenne. Prepare gravy from liquid in which heart was cooked (see p. 120). Serves 4.

Sweetbreads—Before sweetbreads can be used for any purpose, they must first be soaked in cold water for 1 hr., changing the water 2 or 3 times. Then drain and plunge into boiling water to which 1 tbsp. vinegar has been added and cook for 15 min. Next drain and place immediately into ice cold water to blanch. Let stand 10 min. Wipe dry and chill. Then they are ready to broil, sauté, cream, or use in any other way desired.

BROILED SWEETBREADS

Prepare as directed above and cut into even-sized slices. Sprinkle with salt and pepper, brush with melted butter or oil and broil until golden brown on all sides. Serve with melted butter to which a little lemon juice has been added.

BROILED SWEETBREADS AND PINEAPPLE

3 pairs of sweetbreads
6 pineapple rings
3 tablespoonfuls melted fat
2 cupfuls Mushroom Sauce (see p. 117)

Skin and trim sweetbreads, prepared as above, dividing each pair. Dip sweetbreads and pineapple rings in melted fat and broil or sauté in a frying pan until golden brown. Arrange a sweetbread on each pineapple ring and serve with a Mushroom Sauce (see p. 117). Serves 6.

CREAMED SWEETBREADS

Prepare 2 sweetbreads as above, and cut into dice. Prepare 2 cups. well seasoned Medium White Sauce (see p. 117), add 1 tsp. minced parsley and the diced sweetbreads, and serve very hot. Serves 6.

Sausages—

SAUSAGE AND FRIED APPLES

Pan broil the required number of small sausages or cakes of sausage meat and as soon as fat collects, add as many halved, cored, and unpeeled apples as required, first dipping them in flour to which a little sugar has been added. Sauté until soft and browned. Place on a hot serving dish with 2 small sausages on each half.

SAVORY SAUSAGES AND BEANS

3 sausages
1 tablespoonful minced onion
2 cupfuls baked beans
1 cupful fresh cooked or canned corn

Mince sausages and sauté with minced onion until sausages are crisp and brown. If sausages are very fat, pour off some of the fat. Then add baked beans and corn. Stir until well heated, then season as needed, depending upon the seasonings in the beans. Serve with shredded cabbage to which diced tomatoes or chili sauce has been added. Serves 6.

SAUSAGE SCRAMBLE

4 sausages
4 eggs, slightly beaten
⅛ teaspoonful pepper
½ cupful milk
½ teaspoonful salt
Toast

Cut sausages in small pieces and sauté in a frying pan until tender. Pour off part of fat and add eggs slightly beaten and mixed with milk, salt, and pepper. Stir lightly with a fork until egg is set and creamy in consistency. Serve on hot buttered toast. Serves 6.

SAUSAGE ROLLS

12 sausages
Milk
Baking Powder Biscuit dough (see p. 140)

Cook sausages in a frying pan until tender but not crisp. Meanwhile prepare baking powder biscuit dough and roll it ¼ in. thick. Cut into oblongs 3 in. long and 2 in. wide. Roll 1 sausage in each oblong of dough, press sides together and leave ends open. Lay in a greased pan whole side up. Brush surface with milk and bake in a hot oven of 450° F. for 15 min. Serves 6.

When You Serve Poultry and Game

Chicken

Broiled—Because broiling chickens weigh only 1½ to 2 lbs. and are so very tender, they particularly lend themselves to use in the family of one or two or in time saving meals. In ordering a broiling chicken have the butcher dress, draw, clean, and split it, if possible. If you are doing it yourself lay the bird on a meat board, breast side down. Cut down the back on either side of the backbone from the neck, the entire length thus cutting out the rump, backbone and the neck. Slightly raise the backbone and loosen the entrails from the back on both sides. Then loosen them from the breast and remove the entire mass including the backbone, neck, rump and entrails. Carefully scrape and push the flesh from the breast bone and remove it. Remove the rib bones, cut off the legs at the second joint and cut through the sinews at all joints. Then spread.

In broiling a chicken pre-heat the broiler oven 10 min. Meanwhile spread the chicken apart and wipe with a damp cloth. Grease

the broiler rack, arrange the chicken on it, skin side down. Sprinkle with salt and pepper, and rub the surface of the chicken with melted butter or oil. Sprinkle with 1 tbsp. of lemon juice, if desired. Place the broiler pan in position in the oven, sear the chicken quickly on one side, turn and sear on the other side. Then reduce the heat and broil slowly turning once or twice while basting with melted fat. Broil 20 min. or until tender. Serve at once.

In cooking a broiling chicken in the oven, arrange it, spread apart and skin side down in a baking pan. Season and butter as suggested above. Bake in a hot oven of 450° F. for 30 min. or until tender turning twice. Baste with melted fat if desired. Gravy may be made from drippings in roasting pan (see p. 120). In carving broiled chicken insert the fork in the breast bone and cut each broiler in halves and then in quarters.

Sautéed or Fried—Spring chicken for frying should weigh from 2½ to 3 lbs. In ordering, have the butcher dress, draw, clean and cut the chicken in joints. If you must clean and joint it yourself prepare as follows: Singe by holding the bird over the flame, remove tendons, then neck, viscera and oil sack on tail. Wash body cavity. Disjoint the chicken as follows: To remove drumsticks and second joints cut through skin close to body between legs and body, and bend back the leg to snap the hip joint. Cut through flesh to remove leg from body. Separate "second joint" (upper part of leg) by cutting through flesh and then bending back to snap joint. Cut through skin between wings and body and bend back to snap joint. Separate back from breast by cutting through skin at middle line on side of body just where the ribs end. Bend back to snap joints attaching breast bone to back. Cut through middle of back and bend to break bone, dividing back into two pieces. Cut off the tail piece and remove oil sack. The wish-bone may be cut off by cutting through skin where it joins breast bone. Bend back to snap joint. Cut off neck close to body.

Roll the jointed pieces of chicken in seasoned flour made by adding 1½ tsp. salt and ⅛ tsp. pepper to every 3 tbsp. flour. Or roll in cracker crumbs, then in beaten egg, and again in crumbs (see p. 131). Meanwhile melt ½ cup. fat in a frying pan; when hot place in it the pieces of chicken. Brown quickly on both sides, then reduce the heat. Tightly cover the frying pan and cook slowly until the meat is tender—about 30 min. A gravy may be made from the drippings in the pan (see p. 120).

Panned—Prepare and brown the chicken as for frying. When browned add 1½ cups. of water and cook closely covered over the heat, or in a hot oven of 450° F. for ½ hr. or until tender.

Fricasseed—Chicken or fowl generally weighing 4 to 5 lbs. are used for fricasseeing. Order the fowl dressed, cleaned and jointed (see Fried Chicken, p. 91). Put the cleaned disjointed chicken in a kettle. Add 1 large onion sliced, 1 bay leaf, 2 tsp. salt, ⅛ tsp. pepper, 2 cloves, and a small pinch of celery leaves, and cover with boiling water. Simmer closely covered from 1 to 1½ hrs. for chicken, and 3 to 4 hrs. for fowl. When tender, remove the chicken to a hot platter, and cover with a gravy made by thickening the stock. Remove the bay leaf and cloves, then add 2 tbsp. of flour mixed to a smooth paste in a little water, for every pt. of the chicken stock. Simmer 5 min. and add more salt and pepper, if necessary. ¼ cup. rice may be added to the chicken 25 min. before cooking is completed, if desired. Also, 1 cup. stewed tomatoes may be substituted for an equal quantity of boiling water in cooking the chicken. Serve with or without dumplings (see p. 141), or hot biscuits.

For a brown fricassee, follow the directions above, first browning the cut up chicken in ¼ cup. hot fat in a frying pan.

Boiled—Order the chicken or fowl cleaned and cut up, if desired. Cover with boiling water, add 1 large onion sliced, 1 bay leaf, 2 tsp. salt, ⅛ tsp. pepper, and a few peppercorns. Cover tightly and simmer until tender. When serving cold, let the chicken stand in the liquor until cool.

Pressed—Boil the chicken or fowl until tender as above. Then separate the meat from the bones and season with salt and pepper. Meanwhile measure the broth and allow 1 tbsp. granulated gelatine for each pint of broth. Soften the gelatine in 2 tbsp. water for each tbsp. of gelatine used and add to the boiling chicken broth. Stir until dissolved. Arrange the chicken meat in layers in a casserole or loaf pan, adding a little of the broth from time to time to moisten all well. When all the meat is in the dish, lay a plate on top of it, place a heavy weight on the plate and set away in a cool place until firm enough to slice.

Roasted—In roasting chicken prepare the stuffing (see p. 101). Meanwhile have the chicken dressed, drawn, and cleaned. Stuff the cavity and the space from which the crop was removed, inserting the stuffing through the slit in the neck. Thread a long darning needle with heavy white thread and sew up the slit in the body as well as the one in the neck. After stuffing, truss the bird, as follows: First draw thighs close to body and secure them by a skewer inserted through one thigh, in through body cavity and out

through the other thigh. Draw the wings close to body and secure them in the same manner. Fold the neck skin back to wings and skewer in place. Cross the drumsticks and with a string about 2 ft. long, tie them down to the tail. Then turn the bird on its breast, cross the string attached to the tail and wind one end around each end of the lower skewer which holds the thighs in place. Again cross the string and draw it, one end around each end of the upper skewer which holds the wings in place. Holding the string taut, secure it with a knot and cut off the ends.

In roasting weigh the stuffed chicken and compute the time period for roasting as below. Then place it on a trivet in a roasting pan. Sprinkle lightly with flour, salt and pepper and roast as follows:

ROASTING TEMPERATURES

Kind of Food	*Temperature*	*Total Time*
Chicken (uncovered roaster)	500° F. for 15 min. and 350° F. for remaining time	20 min. to the lb.
Chicken (covered roaster)	500° F. for 30 min. and 350° F. for remaining time	20 min. to the lb.

When the chicken is tender arrange it on a platter after removing the skewers and thread, and prepare gravy from the drippings in the pan (see p. 120).

Braised—Either chicken or fowl may be braised. But in any case, dress, clean and truss the bird, stuffing it if desired. Use a waterless cooker, Dutch oven or deep pan. Cook 3 slices fat salt pork diced, until crisp. Remove the pork and to the fat add 2 large carrots, scraped and diced, 1 small onion chopped, 1 bay leaf and 1 sprig parsley. Cook 3 min. Brown the bird on all sides in this fat mixture. Then place on a trivet in a deep pan, pour over the fat mixture and add 2 cups. boiling water. Cover tightly and simmer on a top burner until tender or bake in a moderate oven of 350° F. for about 2 hrs. if chicken, or 3 to 4 hrs. if fowl, or until tender. When half cooked turn the chicken. Baste often, replenishing the water when necessary. Serve with gravy made from the fat in the pan (see p. 120).

Creamed—Divide cold cooked chicken into pieces. Add to Medium White Sauce made from all milk or half milk and half chicken stock (see p. 117). Allow 1 cup. white sauce for 2 cups. chicken in serving 4. Serve in ramekins with buttered crumbs or light mashed potatoes on top. Or serve on squares or rounds of buttered toast.

Note: Whole and cut up chicken on the bones as well as chicken

meat of excellent quality can now be purchased in cans for use in every day meals.

SAVORY BROILED CHICKEN

½ teaspoonful salt
½ teaspoonful paprika
2 teaspoonfuls garlic vinegar (see p. 72)
⅛ cupful olive or salad oil
1-2 pound broiler
3 tablespoonfuls water

Make a dressing of salt, paprika, garlic vinegar, and oil and heat. Meanwhile place the broiler which has been cleaned, dressed and split—meaty side up—on the broiler rack after first greasing it. Just before putting the broiler pan into the oven which has been preheated 10 min., brush the surface of the chicken well with the dressing. When slightly brown, brush again with the dressing and then turn a moment later. With the bony side now up, brush heavily with the dressing so that the shell-like cavities hold some of it. Baste frequently—especially on the wings and legs. At least 20 min. of broiling and basting, with each side being exposed to the heat 3 times, is necessary. Next place in a covered roasting pan 3 tbsp. water and 1 tbsp. of the dressing. When the chicken is done, remove and put in the roaster, basting it again just before covering. Place in a slow oven of 350° F. There is just enough heat to keep the chicken moist and hot until served even if the meal must be delayed. Place on a platter and pour over the chicken any liquid left in the roaster. Serves 4.

CHICKEN A LA KING

2 cupfuls diced chicken meat
5 tablespoonfuls oil
3 tablespoonfuls chopped pimientoes
6 tablespoonfuls chopped green peppers
1 tablespoonful capers
1 can or 1½ cupfuls fresh mushroom caps
1 teaspoonful salt
3 cupfuls thin cream
2½ tablespoonfuls flour
2 tablespoonfuls fat
2 egg-yolks
Paprika

Cook mushroom caps 5 min. in the oil, then add the mixture to the chicken, capers, peppers, and pimientoes, and add a dash of paprika and the salt. Prepare a white sauce of the fat, flour, and cream, beating the 2 egg-yolks, and pouring the sauce on them when it is done. Add the chicken mixture, heat thoroughly, and serve on slices of buttered toast. If milk is substituted for half of the cream, increase the flour to 4½ tbsp. Serves 4 to 6.

CHICKEN MOUSSE

1 cupful cooked, white chicken meat ground very fine
1 cupful chicken broth
3 egg-yolks
1 tablespoonful granulated gelatine
1¼ teaspoonful salt
Few grains paprika
½ pint cream, whipped

Beat yolks of eggs and stir lightly into the broth, add seasonings and cook in a double boiler like a custard until smooth and creamy. Just before removing from the fire, add the gelatine, which has been allowed to soften in 4 tbsp. cold chicken-broth and stir until dissolved. Pour this custard over the chicken-meat and stir over ice water till it begins to set, then fold in the whipped cream, turn the mixture into a mold, let stiffen, and serve garnished with parsley. Serves 6.

CHICKEN AND MUSHROOM CURRY (EAST INDIAN)

4 tablespoonfuls butter or margarine
1 lb. mushrooms
1 cupful curry sauce
2 cupfuls cooked chicken
2 bananas

Slice the mushrooms and sauté in the fat about 5 min. Stir in the curry sauce as made below; add chicken cut in cubes and mix thoroughly but gently. When well heated, place in a serving dish and surround with very ripe bananas cut in lengthwise pieces. Serves 6.

CURRY SAUCE

2 tablespoonfuls butter or margarine
1 medium onion, chopped
½ tablespoonful lemon juice
2 tablespoonfuls flour
1 tablespoonful curry powder
1 cupful milk

Melt the fat in the top of a double boiler, add the onion, and cook about 2 min. but do not brown. Add the curry and flour mixed together; stir until smooth. Stir in the milk, cook until thickened, stirring constantly; add lemon juice. Place over boiling water in lower part of double boiler and let it cook 5 min. longer. Then keep hot until served.

CHICKEN NEPTUNE

2 cupfuls cooked, white chicken meat, diced
2 dozen large oysters
2 dozen fresh shrimp
1 small can crab meat
1 pint cream or top milk
1½ teaspoonfuls salt
6 fresh mushrooms, sliced
½ green pepper, chopped fine
½ pimiento, chopped fine
4 tablespoonfuls fat or oil
3 tablespoonfuls flour
¼ teaspoonful paprika
¼ teaspoonful pepper

Wash shrimp and cook for 20 min. in boiling water; shell, and remove the viscera. Wash oysters, cook slowly in their own juice until edges curl. Carefully clean the crab meat. Combine sliced mushrooms and chopped green pepper and sauté for 3 min. in 2 tbsp. fat. Meanwhile prepare a white sauce by placing 2 tbsp. of the fat in the top of a double boiler. When melted, add flour gradually, stirring constantly. When smooth, add cream slowly and seasonings, still stirring mixture, and cook until thoroughly blended. Then combine with diced chicken, oysters, shrimp, crab meat, mushrooms, green pepper and pimiento, using a fork. Heat thoroughly and serve on small slices of toast. Serves 10.

CHICKEN PIE

1-5 lb. chicken or fowl
2½ cupfuls diced, cooked potatoes
1½ cupfuls small, cooked onions
Celery salt
1½ cupfuls cooked carrots, cut in strips
5 cupfuls chicken broth
8 tablespoonfuls flour
5 tablespoonfuls water
⅛ teaspoonful paprika

Boil chicken until tender (see p. 92). Then cut it up into neat servings and add potatoes, onions and carrots. Heat the chicken broth and thicken with flour mixed to a smooth paste in water. Season with celery salt to taste and paprika. Arrange chicken and vegetables in two casseroles and cover with hot sauce. Then prepare the following Batter Crust. Sift together 2 cups. flour, 4 tsp. baking powder, and 1 tsp. salt. Add 3 tbsp. melted fat, 1 beaten egg and about 1 cup. milk. Combine thoroughly—the mixture should be thick enough to drop in small rounds over the surface of the pie. Bake in a hot oven of 450° F. for 5 min. then at 400° F. for 15 min. or until the dough is baked. Serves 8 to 10.

CHICKEN AU PROVINCE

1-4 lb. chicken
1 cupful salad oil
1 clove garlic
½ cupful sliced, fresh mushrooms
1 tablespoonful finely chopped onion
3 cupfuls canned tomatoes
1 teaspoonful salt
⅛ teaspoonful pepper
½ cupful chopped green peppers

Cut chicken into pieces suitable for serving. Roll in flour and brown on all sides in the salad oil to which the cut clove of garlic has been added. Add mushrooms, green peppers, onion, tomatoes, salt and pepper. Cover tightly and simmer gently until chicken is very tender. The garlic may be removed after frying the chicken if desired. Serve with a gravy made from the drippings in the pan (see p. 120). Serves 6.

JELLIED CHICKEN AND VEGETABLE SALAD (See p. 52)

CHICKEN SOUFFLÉ

2 cupfuls hot Medium White Sauce (see p. 117)
3 egg-yolks
2 cupfuls minced, cooked chicken
½ teaspoonful finely minced onion
½ teaspoonful minced parsley
3 egg whites

Pour hot white sauce on the beaten egg-yolks, while stirring constantly. Cool and then add minced chicken, parsley and onion, and last fold in beaten egg-whites. Pour into a greased casserole set in a pan of hot water and bake in a moderate oven of 375° F. for 45 to 50 min. Serve with Mushroom Sauce (see p. 117) or Green Pea Sauce (see p. 118). Serves 6.

STEWED CHICKEN À L'ESPAGNOL

1-5 lb. chicken
1-10 oz. bottle green olives, stoned and minced
1 green pepper, chopped
Cold water to cover
¼ cupful butter, oil or margarine
2 medium onions
1 No. 2 can tomatoes
1 No. 2 can peas
1 No. 2 can mushrooms
2 teaspoonfuls salt
1 teaspoonful sugar
Flour to thicken

Prepare and cut chicken as for a fricassee. Sprinkle with salt and pepper and dredge with flour. Brown it lightly in the fat, remove

it, and add sliced onions, tomatoes, olives, sugar, and green pepper. Simmer for 10 min. then add the chicken and the liquid from the cans of peas and mushrooms with enough cold water to cover, measuring all liquids. Add salt, cover and simmer for about 1½ hrs. or until the chicken is tender. Add drained peas and mushrooms, and for every cup. of liquid stir in 1 tbsp. flour mixed smoothly with cold water. Stir until it boils. Simmer for 15 min. longer, pour into a deep dish and garnish with toast points. This stew may be cooked in the oven at 350° F. for 2 hrs. Serves from 6 to 8.

QUICK CHICKEN STEW

2 cupfuls diced, cold potatoes
1 cupful diced, cooked chicken
½ teaspoonful salt
⅛ teaspoonful paprika
2 cupfuls thickened chicken gravy
2 cupfuls boiling water
1 onion minced fine
1 tablespoonful parsley

To diced cold potatoes add chicken, salt and paprika. Meanwhile, dilute chicken gravy with boiling water, add onion, minced fine, and simmer until tender. Then add to chicken, heat thoroughly, and serve, sprinkling with parsley just before serving. Peas, tiny carrots, or a few cooked string-beans may be added to the stew. Or dumplings may be made and arranged around the edge of the platter, if desired. (See p. 141.) Serves 6.

Turkey

Roasted—For roast turkey, clean the bird, then stuff (see p. 101). Truss as for chicken (see p. 92). Then weigh and compute the time period for roasting (see time table below). Sprinkle lightly with flour, salt and pepper, arrange on a trivet in the roasting pan and roast as follows:

Kind of Food	*Temperature*	*Total Time*
Turkey (uncovered roaster)	350° F. for entire time	20 min. to the lb.
Turkey (covered roaster)	350° F. for entire time	20 min. to the lb.

When the turkey is tender, remove the skewers and thread, arrange it on a platter and prepare gravy from the drippings in the pan (see p. 120).

TURKEY CASSEROLE

Left over turkey
Left over turkey stuffing
6 tablespoonfuls butter or margarine
2 tablespoonfuls flour
1½ cupfuls milk
3 egg-yolks
2 teaspoonfuls salt
1 lb. mushrooms
¼ cupful bread crumbs

Cut left-over turkey into good sized pieces. In the bottom of a casserole arrange a layer of cold stuffing and then place the turkey slices on top. Meanwhile prepare a sauce by melting 2 tbsp. fat, adding flour and stirring until smooth. Next add milk and when the sauce is thickened, pour it over beaten egg-yolks and add 1 tsp. salt. Pour this sauce over turkey and cover with mushrooms which have first been chopped and cooked in 2 tbsp. of fat until tender, then combined with the bread crumbs, 2 tbsp. fat and 1 tsp. salt. Bake in a hot oven of 400° F. for 30 min. Serves 6.

DEVILED TURKEY

Sliced left over turkey
1 medium onion, chopped
4 seeded green peppers, chopped
1 teaspoonful chopped parsley
1 can condensed tomato soup
4 tablespoonfuls butter or margarine
1 cupful chopped mushrooms
2 tablespoonfuls flour
1 cupful water

Slice cold roast turkey in as attractive slices as possible, then arrange on a baking pan, sprinkle with 2 tbsp. melted fat and heat in a moderate oven of 375° F. for 10 min. Meanwhile prepare this sauce: Chop onion and green peppers fine. Sauté in 2 tbsp. of melted fat until quite tender. Then add chopped mushrooms and parsley. When thoroughly mixed add flour and stir until smooth. Next add condensed tomato soup and water and continue stirring until smooth. Add salt if necessary. Serve as a sauce with hot sliced turkey. Serves 6.

TURKEY TIMBALES

3 cupfuls minced turkey
1 cupful soft bread crumbs
½ cupful milk
1 teaspoonful salt
⅛ teaspoonful pepper
1 teaspoonful minced parsley
¼ teaspoonful grated onion
2 tablespoonfuls melted butter
3 eggs

Heat bread crumbs with milk until thick, then add turkey, seasonings, butter, onion and parsley. Beat egg-yolks until light and add to turkey. Then fold in egg-whites beaten until stiff. Turn into greased custard or timbale cups. Set in a pan of hot

water and bake in a moderate oven of 350° F. until set or until a silver knife inserted in center of the timbale mixture comes out clean—about 35 min. Serve with Mushroom Sauce (see p. 117). Serves 6.

Duck

Roasted—Some people consider that full grown domestic ducks have too strong a flavor. Much of this flavor, however, may be absorbed by using a stuffing of cored and quartered apples, or chopped celery, this being removed from the bird before it is sent to the table. If preferred a potato or bread stuffing (see p. 101) may be used and served with the bird. In any case, have the bird carefully drawn, cleaned, stuffed and trussed (see p. 92). Then weigh, and compute time for roasting following table below. Sprinkle it lightly with seasoned flour, place on a trivet in a roaster and roast as follows:

ROASTING TEMPERATURES

Kind of Food	*Temperature*	*Total Time*
Duck (uncovered roaster)	500° F. for 15 min. and 350° F. for remaining time	20 min. to the lb.
Duck (covered roaster)	500° F. for 30 min. and 350° F. for remaining time	20 min. to the lb.

When done remove skewers and string and place bird on a hot platter. Prepare gravy from drippings in the pan (see p. 120). Left over roast duck may be substituted in any recipe calling for cooked chicken or turkey.

Goose

Roasted—Select a goose about 4 months old. An old goose is better braised like beef (see p. 78). Have the bird drawn and cleaned. Stuff with bread or potato stuffing (see p. 101). Then truss, weigh and arrange on a rack in a roasting pan. Roast as follows:

ROASTING TEMPERATURES

Kind of Food	*Temperature*	*Total Time*
Goose (uncovered roaster)	500° F. for 15 min. and 350° F. for remaining time	20 min. to the lb.
Goose (covered roaster)	500° F. for 30 min. and 350° F. for remaining time	20 min. to the lb.

When done remove skewers and string, and place on a hot platter. Make gravy from drippings in the pan (see p. 120).

Squabs, Partridges, Pheasant, Etc.

These small birds are usually broiled like chicken. Clean and split them down the back. Then season and broil or bake like chicken (see p. 90 and 92). Allow about 10 min. for quail and 25 to 40 min. for partridges, squabs and pheasants.

Rabbits

RABBIT STEW (American)

1 three-pound rabbit
6 small onions, chopped
1 bay leaf
½ cupful chopped celery
2 teaspoonfuls salt
2 cupfuls diced carrots
3 potatoes
3 tablespoonfuls flour
1 tablespoonful finely chopped parsley

Dress and clean a rabbit weighing about 3 lbs. Disjoint it in pieces for serving. Place in a kettle with the chopped onions, bay leaf, chopped celery and salt. Cover with cold water and allow to cook slowly until almost tender—about 2 hrs. Then add diced carrots and potatoes, pared and cut into quarters. Continue cooking until these vegetables are tender. Moisten flour in a little cold water and add to stew. When slightly thickened, add finely chopped parsley and serve at once. Serves 6 to 8.

RABBIT FRICASSEE

Follow recipe for Chicken Fricassee (see p. 92), substituting 2 cleaned rabbits.

Stuffings

A poorly seasoned, soggy stuffing detracts much from the appeal of a perfectly roasted bird. Therefore the housekeeper should use every care in making her stuffings as tempting as possible.

BREAD STUFFING

3 quarts stale (not hard) bread crumbs
6 teaspoonfuls salt
2 tablespoonfuls sage
2 tablespoonfuls chopped celery
¼ teaspoonful pepper
¾ cupful butter or margarine
½ cupful chopped onion
2 tablespoonfuls chopped parsley

Combine the crumbs, salt, sage, celery, parsley, and pepper. Meanwhile melt fat in a frying pan, add onion, and simmer gently

until tender. Then add seasoned bread crumbs and stir and heat until crumbs are browned. The quantities given make enough dressing for a 10-lb. bird.

CHESTNUT STUFFING

1 lb. chestnuts
5 tablespoonfuls melted butter or margarine
1 teaspoonful salt
2 cupfuls bread crumbs
1 teaspoonful minced parsley
1 teaspoonful minced onion
⅛ teaspoonful pepper

Cut a slit in each chestnut, pour 1 tbsp. of oil over all and bake in a hot oven of 450° F. for 10 min. Then remove, slip off the shells and inner skin, and cook in boiling salted water to cover until tender. Drain and press through a potato ricer. Add the melted butter, salt, pepper, bread crumbs. minced parsley and onion. Sufficient for a 5 lb. chicken.

OYSTER STUFFING

1 quart oysters
2 teaspoonfuls salt
¼ teaspoonful pepper
4 cupfuls dry bread crumbs
½ cupful melted butter or margarine

Combine ingredients and use as a stuffing. Sufficient for a 10 lb. bird.

POTATO STUFFING

3 cupfuls hot, mashed potatoes
1½ cupfuls soft bread crumbs
⅛ teaspoonful pepper
1½ teaspoonfuls sage
6 tablespoonfuls melted butter or margarine
2 tablespoonfuls finely chopped onion
1½ teaspoonfuls salt

Combine ingredients in the order given and beat well. Sufficient for a 5 lb. chicken or duck.

RICE STUFFING

2 cupfuls cooked rice
⅔ cupful stewed tomatoes
1 teaspoonful minced onion
2 tablespoonfuls diced, crisp bacon
½ teaspoonful sait
⅛ teaspoonful pepper

Combine ingredients and use as a stuffing for meat or fish.

Fish Any Day in the Week

Fish in Our Meals—To serve fish frequently adds to our healthful foods, especially for those who live in districts where it is difficult to get enough iodine in the daily food supply, making prevalent conditions of the thyroid gland known as goiter. On p. 11 we indicate the place of fish in every-day meals.

Fish markets today are featuring more and more the fresh or frozen fish fillets. Cleaned, boned, skinned and wrapped with utmost care, these fillets have no fishy odor, there is no disagreeable cleaning to be done and they are all ready to cook. Such fish products as these, to say nothing of the wide variety of shellfish and canned fish now on the grocer's shelf, offer daily suggestions for most interesting meals.

Baked—Whole split or filleted fish can be baked, either in milk, water or a savory sauce, or with a stuffing. By using a heatproof glass platter for this purpose, dishwashing is saved and there is no danger of breaking the baked fish in transferring it from the baking pan to a platter. With a whole fish, stuff the cavity (see p. 101) and sew it up. For dry fish such as haddock or cod, cut 5 diagonal gashes on each side of the backbone and insert narrow strips of fat salt pork or bacon. Then place the stuffed fish on the heatproof platter or in a baking pan and bake in a hot oven of 400° F., allowing 60 min. for a 5 lb. fish. Baste every 15 min. with a mixture of 1 cup. hot water and 3 tbsp. melted butter. With a split fish or fish fillets, the stuffing can be spread on top or between every 2 fillets.

Boiled—Thick slices of cod, halibut, haddock, salmon, etc., are frequently boiled and then served with Egg, Tartare, Tomato, Cheese or other savory sauce. If a regular fish boiler is available it is only necessary to lay the cleaned fish on the rack and lower into the boiling water to which 1 tbsp. vinegar and 2 tsp. salt have been added. Otherwise place the cleaned fish on a plate, tie a piece of cheesecloth loosely around it, lower into the boiling water which has been seasoned as above, and simmer until the fish is tender and flakes from the bone, allowing 10 to 15 min. for each lb. according to the thickness of the fish. Salt codfish should be flaked, covered with cold water and brought slowly to the boiling point. This water is then poured off and the codfish is ready to use.

Broiled—Few housekeepers appreciate the convenience of the broiler in cooking fish. Dishwashing is saved because the fish

can be broiled and served on the same heatproof glass platter. Sliced tomatoes, bananas, mushrooms, or cooked white or sweet potatoes, dipped in melted fat and dusted with flour, may also be broiled with the fish and served as a mixed grill.

Fish for broiling may be in the form of fillets or may be left whole, but split. In either case, sprinkle lightly with salt and pepper and brush well with oil or melted fat. Arrange on the greased broiler rack or on a heatproof glass platter and broil in the broiler oven which has been preheated for 10 min. until the fish loses its glassy appearance and is tender, *yet moist.* Small fish and thin fillets require 10 to 12 min. broiling, while large, thick ones require 20 to 25 min. broiling. Broiled in this way, the fish may be served with Tartare, Hollandaise Sauce or Lemon Butter or similar sauce. If preferred the split fish or fish fillets may be brushed with oil or melted fat, sprinkled with salt and pepper and placed in a baking pan. Then alternate thin slices of onion, tomatoes and green pepper over the surface of the fillets, place 1½ cups. milk in the bottom of the pan and broil under a medium heat until done. A gravy can be made from the milk left in the pan (see p. 120).

Fried in Deep Fat—Small fish or large fish cut in slices or fillets can be fried in deep fat. Usually they are coated with egg and crumbs first as with croquettes (see p. 131). Use the following temperatures and time periods for frying:

DEEP FAT FRYING TEMPERATURES

Kind of Fish	*Temperature*	*Time*
Medium Sized Fish	390° F.	3 min.
Cod Steaks and Fillets of Large Fish	375° F.	4 min.
Smelts and other Small Fish	390° F.	3 min.

Oven Fried—When the oven is being used for some other dish in the meal the fish can be oven fried. Prepare as for deep fat frying, arrange in a well-oiled baking pan and bake in a hot oven of 400° F. for 20 to 40 min. depending upon the thickness of the fish.

Sauteed—Sliced or filleted fish as well as small, whole fish are delicious sautéed in a small quantity of hot fat in a frying pan. Do not overcook the fish—it should be tender but moist. Before frying, the fish may be dipped in seasoned flour, cornmeal or in crumbs and egg (see p. 131). Hollandaise, Tomato, Egg or Tartare Sauce are suitable for use with sautéed fish.

Scalloped—Almost any variety of cooked fresh or canned fish may be scalloped, suggesting a tempting way of combining left-overs. Combine the fish and Medium White Sauce (see p. 117) in the proportions of 2 cups. flaked fish to 1½ cups. sauce. Add 1 tbsp. minced green pepper and arrange in a casserole with ½ cup. buttered crumbs on top. Bake in a moderate oven of 375° F. for 20 min. If uncooked fish is used, bake at same temperature for 30 to 40 min.

Steamed—Prepare the fish as above, wrap it in cheesecloth and steam until tender, allowing 20 min. for each lb.

FISH AND VEGETABLE CASSEROLE

2 cupfuls flaked, cooked or canned haddock
½ cupful soft bread crumbs
½ cupful grated cheese
1 cupful cooked peas
1 teaspoonful salt
⅛ teaspoonful pepper
1 tablespoonful chopped pimiento
½ cupful cooked lima or string beans
1 tablespoonful finely chopped parsley
1 tablespoonful finely chopped onion
3 eggs, beaten
1½ cupfuls milk

Combine all the ingredients and turn into a greased casserole. Set in a pan of warm water and bake in a slow oven of 350° F. for 75 min. or until a silver knife inserted in the center of the mixture comes out clean. Serve plain or with Mushroom Sauce (p. 117) or Green Pea Sauce (p. 118). Serves 6. Cod, salmon, crabmeat, lobster or shrimp freshly cooked or canned may be substituted for the haddock in this recipe.

FISH CHOWDER (See p. 123)

FISH COCKTAIL (See p. 130)

CREAMED CODFISH WITH EGGS

1 cupful flaked, salt codfish
2 cupfuls unseasoned Medium White Sauce
2 hard-cooked eggs
1 teaspoonful minced onion

Cover the flaked codfish with cold water, add the minced onion, bring to a boil and then drain. Add to the white sauce with the hard-cooked eggs, sliced, and serve with baked potatoes or on toast. 1 tbsp. chopped green pepper may be added if desired. Serves 4.

FISH FILLETS WITH GREEN OLIVE SAUCE

Fish fillets
Beaten egg
Finely sifted cracker crumbs
2 tablespoonfuls fat
1 minced large onion
3 tablespoonfuls flour
1 cupful canned tomato soup
½ cupful hot water
1 cupful stoned, chopped green olives
1 teaspoonful chopped parsley

Dip the fish fillets which have been cut into individual servings in beaten egg and then in finely sifted, seasoned cracker crumbs. Sauté until tender. Meanwhile melt the fat in a saucepan, add the minced onion and cook until it is tender. Then add the flour, stir until smooth and next add all the remaining ingredients. When smooth and heated pour over the fish fillets and serve. Serves 6.

FINNAN HADDIE SAVORY

1 finnan haddie
1 large onion
1 chopped seeded green pepper
2 tablespoonfuls chopped parsley
¼ teaspoonful paprika
4 tablespoonfuls butter or margarin
¾ teaspoonful salt
1½ cupfuls milk

Clean the finnan haddie carefully. Arrange in a large baking pan and dot over with the fat. Then sprinkle with the chopped onion, green pepper and parsley and the paprika and salt. Cover with the milk and bake in a moderate oven of 375° F. for 1 hr., basting frequently as the milk evaporates. Serves 6.

BAKED HADDOCK WITH CHEESE

2 cupfuls milk
3 tablespoonfuls butter or margarin
2 or 3 haddock fillets
2 tablespoonfuls flour
½ teaspoonful salt
⅛ teaspoonful pepper
2 cupfuls grated cheese

Melt the fat in a saucepan. Add the flour and when smooth add the milk, salt and pepper. When thickened add the grated cheese and stir constantly over a low heat until the cheese is melted and the sauce is smooth. Meanwhile arrange the haddock fillets in a baking pan and pour the cheese sauce over all. Bake in a moderate oven of 350° F. for 30 min. or until the fish is tender. Serves 6.

STUFFED FILLET OF HALIBUT

2 large halibut steaks or other fish fillets
1 cupful cooked rice
1 cupful soft bread crumbs
1 No. 2 can crushed pineapple
1 small onion, minced
1 teaspoonful paprika
1 teaspoonful salt
1 teaspoonful poultry seasoning
¼ teaspoonful pepper

Combine the rice, bread crumbs, crushed, drained pineapple, onion and seasonings. Spread this dressing on the fish fillets and place in a baking pan. Add the juice from the can of pineapple and bake in a hot oven of 450° F. for about 40 min. or until tender. Serves 6 to 8.

BAKED SPANISH MACKEREL

1 medium-sized mackerel
2 cupfuls bread crumbs, medium stale
½ small onion, minced
1 tablespoonful bacon, minced
½ teaspoonful minced green pepper
¼ teaspoonful summer savory
3 slices bacon
½ teaspoonful salt
Few grains pepper

Mix together the bread crumbs, onion, chopped bacon, green pepper, and seasonings, and spread on the fish, which should be dressed for broiling. Place a slice of bacon on this and fold over the fish so that the dressing shows. Place on a trivet in a baking-pan, lay the remaining bacon on top of the fish, and bake 30 min. in a hot oven of 425° F., basting frequently with the fat in the pan. Serve on a platter decorated with alternating rings of green pepper and sliced lemon. Accompany with the following sauce: Mix together 2 tsp. chopped green pepper, 4 tbsp. mayonnaise, 3 tbsp. chilli sauce, and use at once. Serves 6.

FISH SALAD (See p. 49)

SARDINE RABBIT

1 cupful Thin White Sauce (see p. 117)
6 sardines
Toast
2 teaspoonfuls mustard
¼ teaspoonful paprika
1 cupful cheese

To the thin white sauce add the cheese cut in small pieces, and stir until the cheese is melted. Add the sardines which have been skinned and boned, the mustard and paprika, heat well, and serve on hot, buttered toast. Serves 6.

FISH SOUFFLÉ

2 cupfuls Medium White Sauce (see p. 117)
3 egg-yolks
3 egg-whites
2 cupfuls finely flaked fish
½ cupful bread crumbs
2 cupfuls Green Pea Sauce (see p. 118)

Pour the white sauce on the beaten egg-yolks while stirring constantly. Cool, add the flaked fish and bread crumbs and fold in the egg-whites stiffly beaten. Pour into a greased casserole, set in a pan of hot water and bake in a moderate oven of 375° F. for 45 to 50 min. or until the soufflé mixture seems to be thoroughly set. Serve with Green Pea Sauce. Serves 6.

TUNA FISH A LA KING

1 pound can tuna fish
3 tablespoonfuls flour
1 pint hot cream or rich milk
1 tablespoonful diced pimientoes
Few grains cayenne
3 tablespoonfuls butter or fat
½ tablespoonful diced green pepper
1 teaspoonful salt
½ bay leaf
Parsley
Buttered toast

Melt the fat, add the pepper, and 1 tsp. chopped onion, if desired. Cook until tender, then add the flour, seasonings, pimientoes and gradually the milk stirring constantly. Put in the bay leaf and let it stand in the sauce until it is ready to be used. Flake the tuna fish with a fork, stir carefully into the hot sauce, arrange on the toast and garnish with parsley. Serves 6.

Clams—

CLAM CHOWDER (See p. 122)
CLAM COCKTAIL (See p. 130)

FRIED CLAMS

Clean soft-shelled, fresh clams or use canned clams. Dry well and dip each clam in beaten egg, then in finely sifted bread crumbs. Fry in deep fat heated to 390° F. for 1 min. Drain on soft paper and serve at once.

CLAM FRITTERS

2 doz. soft-shelled clams
2 cupfuls flour
1 teaspoonful baking-powder
½ teaspoonful salt
1 cupful milk
½ cupful clam liquor
2 eggs, beaten
⅛ teaspoonful pepper

Make a batter of the flour, baking-powder, salt, pepper, milk, clam liquor and well-beaten eggs. Chop the clams coarsely, add to

the batter and drop by tablespoonfuls in deep fat heated to 360° F. Turn frequently until brown on all sides, then drain on absorbent paper. Serves 6.

STEAMED CLAMS

Clams for steaming should be bought in the shell and always be alive. Wash the clams with a brush, changing the water several times. Put in a large kettle and add ½ cup. boiling water to 4 qts. clams; cover closely and steam until shells partially open. Serve with individual dishes of melted butter. The broth should be strained through a cheesecloth and served hot in cups.

CLAM STEW

Make in same way as Oyster Stew, substituting clams (see p. 113)

Hard-Shell Crabs—

BOILED HARD-SHELL CRABS

1 dozen hard-shell crabs
1 bunch club celery
1 tablespoonful mixed spices
1 teaspoonful finely chopped onion
1 tablespoonful salt
⅛ teaspoonful black pepper
⅛ teaspoonful paprika
3 quarts boiling water

To the boiling water add the diced celery stalks, chopped celery leaves, mixed spices, onion, salt, pepper and paprika. Cook 20 min., or until the water is full of flavor. Then add the crabs, with boiling water enough to cover them. Cover and cook 25 min. Then allow the crabs to stand in the liquor until slightly cool. Next take the crab in both hands with the thumbs at the tail end and pull the upper and lower shells apart. Discard the material that sticks to the upper shell and remove all the orange, waxy material and spongy substance between the halves of the body and at each side. The edible part of the crab lies in the 2 compact masses remaining and in the small flakes that may be removed from the large claws.

CREAMED CRABMEAT AND VEGETABLES

2 cupfuls fresh or canned crabmeat
1 cupful fresh cooked or canned peas
1 lb. fresh mushrooms
1 small onion, sliced
2 cupfuls cold water
8 tablespoonfuls butter or margarine
1 chopped pimiento
5 tablespoonfuls flour
2 teaspoonfuls salt
1 teaspoonful chopped chives or grated onion
⅛ teaspoonful pepper
¼ teaspoonful paprika
Mushroom liquor
1 cupful cream
Milk

Wash the fresh mushrooms and remove stems. Cover the stems with the cold water, add the onion sliced and 1 tsp. salt. Boil

20 min., drain, reserve liquor and measure it. Slice mushroom caps and sauté in 2 tbsp. fat until tender. Melt 6 tbsp. fat in the top of a double-boiler, add the chives, pimientoes, flour and seasonings. Add the cream, mushroom liquor and enough milk to make 3 cups. liquid in all. Stir until smooth and thickened. Add cleaned crabmeat, peas and sautéed mushrooms. Heat thoroughly and serve. ½ cup. canned, sliced mushrooms may be substituted for the fresh, in which case use the liquid in the can, and add enough more milk with the cream to make 3 cups. Serves 8. An equal quantity of fresh or canned shrimp, lobster, or a combination of any two may be substituted for the crabmeat in this recipe.

DEVILED CRABS

4 tablespoonfuls butter or margarine
2 tablespoonfuls flour
1 tablespoonful chopped parsley
2 teaspoonfuls lemon juice
1 teaspoonful prepared mustard
½ teaspoonful horseradish
1 teaspoonful salt
1 cupful milk
2 cupfuls crabmeat
2 hard-cooked eggs, minced
6 crab shells
½ cupful buttered bread crumbs

Melt the fat in a saucepan, add the flour and stir until smooth. Then add all the remaining ingredients, mix well and put into the crab shells. Sprinkle with the buttered crumbs and bake in a hot oven of 400° F. for 10 min. Serves 6.

Soft-Shell Crabs—Before using, soft-shell crabs need a certain amount of preparation. The back of a soft-shell crab tapers to a point at each side. Lay the crab on its face, then take one of these points between the thumb and forefinger of the left hand and pull the shell back about half way. Pull off all the spongy substance thus exposed. Do the same at the other point on the opposite side. Then pull off the tail or apron which laps under the crab and the spongy substance under it.

BOILED SOFT-SHELL CRABS

Prepare the crabs as above. Place in boiling water to cover. Add 1 tbsp. salt, cover tightly and boil for 20 min. Then serve.

BROILED SOFT-SHELL CRABS

Prepare the crabs as above. Meanwhile combine ¼ cup. melted fat, 2 tbsp. lemon juice, ½ tsp. salt and a speck each of cayenne and pepper. Roll the crabs first in this mixture and then very

lightly in flour. Place them on the broiler rack in the broiler oven which has been preheated for 10 min. and broil 10 min., turning them once.

FRIED SOFT-SHELL CRABS

Prepare 6 crabs as above. Then beat 2 eggs slightly, roll the crabs first in the egg and then in fine cracker crumbs or flour. Fry in hot, deep fat at 360° F. for 8 min. or until golden brown. Remove from the fat, drain and sprinkle well with salt and pepper to season.

Lobster—

BAKED LOBSTER

Prepare the lobster for splitting either by inserting a sharp knife in its back between the body and tail shells to sever the spinal cord, or plunge it into boiling water for about 5 min. and then remove. (If you are sure of your market, the dealer will undoubtedly split them for you.) Next, cross the large claws and with a sharp-pointed knife begin at the mouth, make a deep incision, and cut quickly through the body and the entire length of the tail. Lay open the lobster as far as possible and remove the stomach and intestinal canal. Crack the large claws. Brush the meat with melted butter, season with salt and pepper and arrange the lobster in a baking pan, shell side down. Bake in a moderate oven of 375° F. for 30 to 40 min., depending upon its size.

BOILED LOBSTERS

Plunge the live lobsters head downward into boiling water to cover. Add 1 tbsp. salt, cover the kettle, and boil 25 min. Then remove the lobsters, lay them on their claws to drain and wipe them dry. To remove the meat break off all claws; then separate the tail from the body at the joint where they come together. Holding the tail in the left hand with the hard-shell side next to the hand, cut with scissors a single slit through the center the entire length of the tail. Break away the flesh from the tail and remove it in one large piece. Run a sharp knife lengthwise through the center of the tail piece of flesh and remove the intestinal tract which is embedded in it. Then hold the body shell firmly in the left hand and with the first two fingers and the thumb of the right hand draw out the body, leaving in the shell the stomach, which is not edible, and also some of the green part, which is liver. The sides of the body itself are covered with the lungs, which are discarded. Break the body in several pieces and pick out the flesh surrounding the

bones in the bony part of the body. The coral substance, which is the roe of the lobster, is used as a garnish.

BROILED LIVE LOBSTER

Prepare and season the lobster as for baking (see p. 111). Place on the broiler rack with shell-side down. Broil 8 min. on the flesh side, then turn and broil 6 min. on the shell side. Serve on a hot platter with melted butter, and garnish with lemon slices or parsley. For individual servings small lobsters split in two may be used.

LOBSTER COCKTAIL (See p. 130)

LOBSTER THERMIDOR

3 medium lobsters
3 tablespoonfuls butter or margarine
1 tablespoonful flour
½ teaspoonful prepared mustard
¼ teaspoonful finely chopped onion
½ teaspoonful salt
⅛ teaspoonful pepper
1 cupful cream
1½ tablespoonfuls grated cheese

Boil the lobsters and when cold split them in two. Remove the small claws and lungs. Crack the large claws and fill the cavity in the head with the meat from the claws. Meanwhile melt the fat in a saucepan, add the flour and stir until smooth. Then add the prepared mustard, onion, salt, pepper and cream. Stir until smooth and creamy, then pour over the split lobsters which have been arranged in a baking pan. Sprinkle the cheese over the top and bake in a moderate oven of 375° F. for 10 to 12 min. or until the cheese is brown. Serve half a lobster to a person. Serves 6.

Oysters—Before using shelled oysters, run each one through the fingers, using extreme care to remove every particle of shell.

FRIED OYSTERS

Follow recipe for Fried Clams, substituting oysters (see p. 108).

OYSTERS A LA CASINO

2 doz. oysters on the half-shell
¼ seeded green pepper
½ medium onion
4 slices bacon
1½ teaspoonfuls Roquefort cheese
1½ teaspoonfuls butter
1 teaspoonful Worcestershire Sauce

Chop the green pepper and onion very fine and combine them. Cut the bacon slices with the scissors into thirds crosswise and then

in halves lengthwise. Melt the butter with the Roquefort cheese and add the Worcestershire Sauce. Place a piece of bacon on each oyster. Then spread each with a little of the chopped onion and green pepper mixture, and last top with a little of the butter and cheese mixture dropped from the point of a spoon. Arrange the oysters in their shells on the broiler rack, place under a medium broiler heat, and broil from 10-15 min. or until the oysters are tender. Serves 4 to 6. Clams on the half-shell may be prepared in the same way. Or the clams on the half-shell may be sprinkled with salt, pepper, and paprika, brushed with melted butter, and broiled 10 min.

PANNED OYSTERS

1 qt. large oysters
4 tablespoonfuls butter
1 teaspoonful salt
2 teaspoonfuls finely grated onion
1 teaspoonful chopped parsley
⅛ teaspoonful pepper
1 cupful top milk or thin cream
⅛ teaspoonful paprika
Toast

Drain the oysters in a colander, removing all the juice. Place the butter in a frying pan until it melts. Add the finely grated onion, oysters, salt, pepper, and paprika. Cook for 5 min. or until the oysters curl on the edges. Add the cream and parsley and serve immediately on buttered toast. Serves 6. Scallops may be prepared in the same way.

SCALLOPED OYSTERS

1 pint oysters
½ cupful soft bread crumbs
1 cupful cracker crumbs
¼ cupful milk or cream
6 tablespoonfuls butter or margarine
1 teaspoonful salt
⅛ teaspoonful pepper

Grease a baking dish. Arrange a layer of the combined cracker and bread crumbs in the bottom of it, then a layer of oysters, butter in small pieces, salt and pepper. Repeat, having a layer of crumbs on top with small pieces of butter dotted over them. Have only 2 layers of oysters. Moisten with the milk and oyster liquor combined. Bake in a hot oven of 400° F. for 30 min. or until brown. Serve at once. Serves 6.

OYSTER STEW

1 pint oysters with liquor
4 tablespoonfuls butter or margarine
1 teaspoonful salt
⅛ teaspoonful pepper
Paprika
1 quart rich milk

Place the cleaned oysters, liquor and butter in a saucepan. Simmer gently until the edges of the oysters curl. Quickly add the milk

and seasonings, heat and serve at once. Half cream and half milk may be used. Serves 6.

SUNDAY NIGHT OYSTERS

1 tablespoonful butter or margarine
1 tablespoonful flour
¼ teaspoonful paprika
¼ teaspoonful salt
1 teaspoonful lemon juice
1 tablespoonful catchup
Worcestershire sauce
1 pint oysters
Hot crackers

Melt the fat in a saucepan, add the flour and stir until smooth. Add the paprika, salt, lemon juice, catchup and a few drops of Worcestershire sauce. Blend well, add the prepared and drained oysters, and cook until plump. Serve on hot crackers. Serves 6.

Scallops—

BROILED SCALLOPS WITH MINCED BACON

1 quart bay scallops
4 tablespoonfuls melted butter or margarine
½ teaspoonful salt
8 slices bacon
Speck pepper

Arrange the scallops close together on a shallow baking pan. Pour the melted butter over them, place under a medium broiler heat, and broil 5 min. Then sprinkle the scallops with the salt and pepper and scatter over them the bacon which has been cut either in dice or in halves lengthwise. Return to the broiler heat and broil about 8 min. longer. Oysters may be prepared in exactly the same way. Serves 6. To vary, dip the scallops in seasoned, fine cracker crumbs, then in beaten egg, and again in cracker crumbs before arranging in the shallow pan for broiling.

FRIED SCALLOPS

Follow recipe for Fried Clams, substituting scallops (see p. 108).

SAUTÉED SCALLOPS

1 pint scallops
1 small onion
⅛ teaspoonful pepper
6 tablespoonfuls fat or oil
½ teaspoonful salt
1 teaspoonful chopped parsley
Toast

Wash the scallops and simmer gently in a small amount of boiling water for 5 min. Drain well and shake over fire to dry. Chop the

onion fine and cook in the fat until tender. Add the scallops and sauté until brown on all sides. Sprinkle with the salt, pepper and parsley. Serve on toast. Serves 6.

SEAFOOD RAGOUT

8 mushrooms
4 tablespoonfuls butter or margarine
1 cupful oysters
⅓ cupful canned or fresh cooked lobster meat
⅓ cupful parboiled scallops
1 egg-yolk
½ cupful top milk
¼ teaspoonful salt
⅛ teaspoonful pepper
1 teaspoonful lemon juice
Speck nutmeg
Speck cayenne

Wash the mushrooms. Cut in slices and sauté in the fat until tender. Add the oysters and cook until the edges curl. Add the lobster meat and the scallops which have been simmered 5 min. in boiling water to cover and then drained. Combine the egg-yolk with the milk, pour over the seafood and cook very gently until thick. Add the seasonings and serve. Serves 6.

Shrimp—

BOILED FRESH SHRIMP

Wash the raw shrimp well and cover with boiling salted water, allowing 1 tbsp. salt to every 2 qts. water. Cook 20 min., then drain. Remove the shells and also the black intestinal vein which runs the entire length of the tail portion.

SHRIMP AND VEGETABLE CASSEROLE

Make like Fish and Vegetable Casserole (p. 105), substituting cooked or canned shrimp.

SHRIMP COCKTAIL (See p. 130)

CREAMED SHRIMP AND VEGETABLES

Make like Creamed Crabmeat and Vegetables (p. 109), substituting cooked or canned shrimp.

DEVILED SHRIMP

4 tablespoonfuls butter
2 tablespoonfuls Worcestershire sauce
1 teaspoonful salt
¼ teaspoonful mustard
Few grains cayenne pepper
2 cans shrimp
Rye bread or saltines

Melt the butter in a saucepan. Add the Worcestershire sauce, salt, mustard, cayenne pepper, and canned shrimp which have been

drained and the viscera removed. Heat; serve with rye bread or saltines. Serves 6.

SHRIMP A LA KING

1 seeded green pepper
½ lb. cleaned and sliced mushroom caps
3 tablespoonfuls butter or margarine
1 small onion, chopped fine
1½ teaspoonfuls salt
1 egg
2 cupfuls milk
3 tablespoonfuls chopped pimientoes
¼ teaspoonful tabasco
1 teaspoonful chopped parsley
2 cupfuls canned or fresh cooked shrimp
3 tablespoonfuls flour

Cook the shredded green pepper and the mushroom caps in the butter for 5 min. Then add the chopped onion, flour, salt, pimientoes, parsley, tabasco and shrimp. Heat gently about 2 min., then add 1½ cups. milk gradually, while stirring constantly. Continue cooking until thickened. Then add ½ cup. milk to which the beaten egg has been added. Heat well and serve on toast. Serves 8.

SAVORY SHRIMP STEW

2 cupfuls canned or fresh cooked shrimp
4 tablespoonfuls butter or margarine
4 tablespoonfuls flour
3 cupfuls milk
½ garlic clove
½ teaspoonful prepared mustard
1 tablespoonful minced parsley
½ teaspoonful sugar
1¼ teaspoonfuls salt
⅛ teaspoonful pepper
1 large onion, finely minced

Cook the minced onion and garlic clove in the butter until the onion is tender. Remove the garlic and add to the fat the flour, prepared mustard, sugar, salt, and pepper. When thoroughly blended, add the shrimp and the milk, while stirring constantly. Heat thoroughly, add he chopped parsley, and serve at once with a sprinkle of paprika on top. Serves 6.

Sauces and Gravies for Meats, Fish and Vegetables

Sauces "dress up" many dishes and an understanding of the preparation of delicious sauces will do much to spread one's reputation as an excellent cook!

Since a good White Sauce is the basis for so many sauces, it is well to learn the foundation recipe, first of all.

MEDIUM WHITE SAUCE

2 cupfuls milk — 4 tablespoonfuls fat
4 tablespoonfuls flour — ½ teaspoonful salt
Dash of pepper

Melt the fat in the top of a double-boiler and add the flour, salt, and pepper. Blend thoroughly. Pour in the cold milk and stir constantly until thick. Cover and cook without stirring 20 min. Serves 6. Makes about 2 cups.

Thin White Sauce—Use only 2 tbsp. each of fat and flour in the above recipe.

Thick White Sauce—Use 8 tbsp. each of fat and flour in the above recipe.

Asparagus Sauce—Purée the cooked stalks of a bunch of asparagus. Add this and the whole cooked tips to the Medium White Sauce.

Brown Sauce—Make like Medium White Sauce, substituting 2 cups. brown soup stock or bouillon for the milk. A slice of onion, bayleaf, or parsley, cooked with this sauce and removed before serving improves the flavor.

Cheese Sauce—Add 1 cup. grated cheese to the Medium White Sauce, after it has thickened. Stir until smooth.

Drawn Butter Sauce—Use 2 tbsp. flour, 4 tbsp. butter and 1 cup. boiling water, and no milk. Season with ¼ tsp. salt and a dash of pepper. Prepare like Medium White Sauce. ¼ cup. capers may be added if desired.

Egg Sauce—Add 4 sliced hard-cooked eggs to the Medium White Sauce.

Mock Hollandaise Sauce—Pour half the recipe for Medium White Sauce on 1 beaten egg yolk. Add 1 tsp. lemon juice. Return to double-boiler and cook 1 min. Serves 6.

Mushroom Sauce—Remove the stems from ½ lb. mushrooms and cook them slowly in 2 cups. water about 20 min. Discard the stems and measure liquor, use in place of an equal amount of milk in the Medium White Sauce. A slice of onion cooked with the stems improves the flavor. Sauté the sliced mushroom caps until golden brown and add. Serves 6.

Shrimp and Mushroom Sauce—Substitute 1 cup. cream for 1 cup. milk in the recipe for Mushroom Sauce on p. 117. Add 1 cup. cooked or canned shrimp and 1 tsp. chopped chives with the mushroom caps.

Mustard Sauce—Add 1 tbsp. prepared mustard to ½ the Medium White Sauce recipe on p. 117.

Green Pea Sauce—Combine 2 cups. canned peas, the liquor from the can with enough water to make 1 cup., 2 peppercorns, 2 whole cloves, 1 large slice onion, ½ tsp. salt, and 2 whole allspice. Simmer 20 min. Press through a sieve and add to ½ Medium White Sauce recipe, heat thoroughly and serve. Serves 6.

Hot Tartare Sauce—To ½ cup. Medium White Sauce, add ⅓ cup. mayonnaise, ½ tbsp. each of finely chopped chives, capers, olives, and parsley. Stir constantly until thoroughly heated. Serve with fish. Serves 6.

Tomato Cream Sauce—Cook together 1 cup. stewed or canned tomatoes, 1 slice onion, ½ bayleaf, ¼ tsp. salt, ¼ tsp. sugar, and 1 clove, for 10 min. Rub through a sieve, add ⅛ tsp. soda and add to ½ the Medium White Sauce recipe. Serves 6.

Simple Tomato Sauce—Add ⅛ tsp. soda and ½ can condensed tomato soup to ½ Medium White Sauce recipe very gradually, while stirring. Serves 6. Excellent canned tomato sauces are now on the market.

CURRANT MINT SAUCE

1 glass currant jelly 2 tablespoonfuls minced mint leaves
2 tablespoonfuls shavings orange rind

Break up the jelly but do not beat it. Add the mint leaves and orange rind. Serve with roast lamb or lamb chops. Serves 6–8.

HOLLANDAISE SAUCE

3 tablespoonfuls butter or margarine
2 tablespoonfuls flour
1 cupful boiling water
1 tablespoonful lemon juice
½ teaspoonful salt
Speck cayenne
2 eggs, well-beaten

Melt the fat in the top of a double-boiler. Add the flour and blend thoroughly. Add the boiling water and season with the

lemon juice, salt, and cayenne. Stir constantly until thickened, and leave over a low heat until ready to serve. Just before serving pour the mixture over the well beaten eggs, blend thoroughly, reheat quickly and serve at once. Serves 6.

HORSERADISH SAUCE

3 tablespoonfuls prepared horseradish
¼ teaspoonful salt
½ cupful cream, whipped

Fold horseradish and salt into the whipped cream. Serve with baked ham. Serves 6.

LEMON BUTTER

1 tablespoonful lemon juice
2 tablespoonfuls butter
1 tablespoonful chopped parsley

Cream butter and lemon juice, add parsley and blend thoroughly. Form into balls and serve with fish. Serves 4.

COLD TARTARE SAUCE

¾ cupful mayonnaise
1½ tablespoonfuls vinegar
½ tablespoonful chopped capers
½ tablespoonful chopped olives
½ tablespoonful chopped parsley
¼ tablespoonful minced onion
½ tablespoonful chopped pickles

Add all other ingredients to mayonnaise. Serves 6.

TOMATO TARTARE SAUCE

1 tablespoonful minced onion
3 tablespoonfuls fat
3 tablespoonfuls flour
2 cupfuls canned tomato sauce or 1 cupful canned condensed tomato soup diluted with 1 cupful water
2 tablespoonfuls chopped pickles
2 tablespoonfuls minced parsley
1 tablespoonful capers
Salt and pepper to taste

Cook onion in fat until tender. Add flour and stir until bubbling. Then add tomato sauce or diluted soup. When smooth and creamy, add the pickles, parsley, capers, salt and pepper. Serves 6.

GRAVY

Make gravy in the pan in which meat or poultry was roasted. If there is too much fat for the gravy, pour off some, and measure what remains. Place pan over the heat, add flour equal in amount to the fat. Blend well, and stir until golden brown. Add ⅜ cup. cold water, milk, vegetable liquor, or a mixture of all three for each tbsp. flour. Boil until perfectly smooth, stirring constantly. Color with a little dark caramel or kitchen bouquet and season with salt and pepper to taste.

GIBLET AND MUSHROOM GRAVY

Cook chicken or turkey giblets until tender, drain and cut in small pieces, saving liquor. Sauté sliced mushroom caps from 1 lb. of mushrooms until golden brown, in the fat left in the roasting pan, as in gravy. Add an equal amount of flour, blend, and add liquid, as in gravy, using giblet liquor as a part of it. Add the chopped giblets. If desired, cook mushroom stems in 2 cups. water 20 min. Strain, and use liquor in gravy.

DARK CARAMEL

Melt 1 cup. sugar until it is a very dark sirup, stirring constantly as it melts. Then stir in carefully (for much steam will rise) 1 cup. boiling water, and stir until smooth. Cool and keep for use in a glass container.

Making Soups of All Kinds

There are three main types of soup, cream soups or purées, chowders, and soups with a meat stock basis. Delicious canned soups of all three types are available and will prove a boon to the busy housekeeper.

You will notice in the foundation recipe for Cream Soup, that the directions say "2 cupfuls water in which vegetables were cooked" as one possibility. If you are cooking vegetables *as* vegetables you will not have any water left at the end of the cooking period (see p. 36), as you wish to conserve minerals and flavor. However, if you are cooking vegetables especially to be used in cream soups, you may cook them in enough water to have two cupfuls left to use, and still be conserving minerals and flavor! Or in using canned vegetables for soups, use the liquor in the can.

CREAM SOUP OR PURÉE

If you learn the foundation recipe for cream of vegetable soup or purée the battle is won. Here it is:

4 tablespoonfuls butter or margarine
4 tablespoonfuls flour
1½ teaspoonfuls salt
⅛ teaspoonful pepper
1 teaspoonful grated onion
Dash of paprika
2 cupfuls milk
1 cupful vegetable pulp which has been put through a sieve, or diced cooked vegetables
2 cupfuls water in which vegetables were cooked, or liquid from canned vegetables, meat stock, bouillon, canned soup, milk, or a mixture of these

Use a double boiler. Melt fat, add flour and seasonings and blend. Add milk, vegetable water and pulp. Cook 25 min., stirring constantly until thickened. Serves 6. Canned or fresh vegetables such as asparagus, carrots, cauliflower, celery, corn, peas, potatoes, tomatoes, or mushrooms, or a mixture of any of these, may be used in making cream of vegetable soups or purées. The cream soups which follow are exceptions to the above rules in some respects, although the principle is the same.

Cream of Celery and Olive Soup—Cook 2 cups. diced celery in 3 cups. boiling water, with 1 slice onion and ½ tsp. salt, until tender. Melt 4 tbsp. fat in the top of a double boiler, add 1 cup. stoned minced olives (ripe or green). Simmer for 2 min. Add 8 tbsp. flour and blend. Add the cooked celery. Measure the liquid in which the celery was cocked and add enough milk to make 4 cups. in all. Season with salt and pepper to taste. Proceed as for Cream Soup. Serves 6.

For Cream of Carrot and Olive Soup—Follow above recipe, substituting 2 cups. of diced carrots for the celery.

Cream of Mushroom Soup—Wash and stem ½ lb. mushrooms. Cook the stems for 20 min. in 3 cups. boiling water. Discard the stems and use the liquid left in place of the vegetable water in the recipe for Cream Soup. Sauté the sliced mushroom caps in the fat for about 5 min. Continue as for Cream Soup, adding mushroom caps instead of puréed vegetables.

Oyster or Clam Bisque—Heat 1 qt. oysters or clams gently in their own juice until cooked. Press through a fine sieve. Add to Cream Soup base with a speck of cayenne and cook 15 min. until thick and

creamy. Serve at once, garnished with chopped parsley. Serves 6 to 8.

Cream of Pimiento Soup—Press ½ small can pimientoes through a sieve, add ¼ tsp. tabasco sauce and speck of cayenne. Add this mixture to the unsalted Cream Soup basis, made with chicken stock or canned chicken consommé in place of vegetable water. Salt to taste. Serve very hot with a bit of whipped cream, and minced green pepper or a sprig of watercress to top each serving. Accompany with toast strips on which grated cheese has been melted. Serves 6.

Cream of Tomato Soup—Cook together 2 cups. canned tomatoes, ⅛ tsp. pepper, 1 tbsp. minced onion, ¼ tsp. celery seed, ½ tsp. salt, ½ bayleaf, 1 whole clove, for 5 min. and strain. Add ⅛ tsp. soda. Use as the vegetable pulp and water in the recipe for Cream Soup. Serves 6.

Puree of Baked Beans—Add 1 cup. puréed canned or home baked beans and 2 tbsp. catsup to the foundation recipe for Cream Soup in place of the vegetable pulp.

Purée of Split Peas—Pick over 1 cup. dried split peas, cover with cold water and let soak overnight. Drain, add 2 qts. cold water, a 2-in. cube salt pork, and 1 small onion sliced. Simmer 3½ to 4 hrs. or until soft. Press through a sieve and add instead of vegetable water and pulp to Cream Soup. If too thick add more milk. Garnish with diced cooked bacon. Serves 6.

Chowders—

CAPE COD CLAM CHOWDER

1 pint shucked clams and liquor
4 cupfuls potatoes, sliced
3 onions, sliced
¼ cupful diced salt pork
1 quart scalded milk
2 teaspoonfuls salt
⅛ teaspoonful pepper
2 cupfuls boiling water

Clean and pick over clams and chop hard parts, keeping soft parts whole. Strain liquor. Try out salt pork, add onion and cook until light brown. Add potatoes, boiling water, salt and pepper. Cook 10 min. Add clams and liquor and cook 5 min. Add milk just before serving. Top each serving with halves of Boston crackers. Serves 6.

CORN CHOWDER BISQUE

2 slices salt pork, diced
4 small onions, minced
6 medium potatoes, cubed
4 tomatoes, peeled and diced
2 teaspoonfuls salt
¼ teaspoonful pepper
1 pint boiling water
2 cupfuls corn, fresh or canned
¼ teaspoonful soda
1 quart hot milk
1 tablespoonful flour
1 tablespoonful butter or margarine

Fry pork in chowder kettle until light brown and crisp. Remove from the heat, add onions, potatoes, tomatoes, salt and pepper. Cover with boiling water and simmer until vegetables are nearly tender. Add corn and cook 10 min. longer. Add the soda and hot milk which has been slightly thickened with the flour and fat. Stir rapidly while adding milk and serve hot. Serves 8.

FISH CHOWDER

¼ pound fat salt pork, diced
3 small onions, sliced
3 pounds fresh haddock or cod
1 tablespoonful salt
⅛ teaspoonful pepper
6 potatoes, sliced
3 cupfuls milk
6 pilot biscuits

Sauté salt pork in chowder kettle until light brown. Remove pork scraps and cook onion in the fat 5 min. Cut fish in small pieces, rub with salt and pepper mixed and add with potatoes and pork scraps to kettle. Cover with boiling water and cook 30 min. or until potatoes are tender. Add milk and pilot biscuits broken in pieces. Bring to a boil and serve. Serves 6.

CANNED VEGETABLE CHOWDER

2 cans condensed vegetable soup
2 cans milk (using soup can as measure)

Combine, heat thoroughly and serve at once. Serves 6.

Soup with a Meat Stock Basis—Since making meat stock involves such a long cooking period, many modern housekeepers prefer to use bouillon cubes or canned bouillon or consommé in its stead. However, directions for making and clarifying stock are given here for those who wish them.

MEAT STOCK

2 lbs. beef shank and bone
1½ qts. cold water
1 medium onion, sliced
½ cupful sliced carrots
1 teaspoonful celery seed
3 cloves
6 peppercorns
½ bayleaf
1 sprig parsley
1 teaspoonful salt

Soak bones and ½ the meat in the water in a kettle for 1 hr. Brown the rest of the meat in a small amount of fat, and add to the kettle. Simmer for 3 hours. Add the vegetables and seasonings and simmer 2 hours longer. Strain, cool, and clarify. Meat stock may be used not only for soups but as a basis for gravy and sauces. Makes about 1 qt.

To Clarify Stock—Beat one egg white slightly and add with the shell to the stock. Bring to boiling point, stirring constantly. Boil gently 10 min. Strain through a cheesecloth wrung out of hot water. Let stand until cold. Remove the crust of fat from the stock and wipe the top with warm damp cloth to get off extra bits of fat.

Bouillon—Clarified beef stock, highly seasoned and served very hot or jellied with gelatine or made from bouillon cubes.

Tomato Bouillon—Add one can of tomatoes, 1 tbsp. chopped onion, ½ tsp. celery seed to 1 qt. clarified stock. Cook 20 min., strain through cheesecloth and serve very hot. This may also be jellied.

Consommé—Usually a stock made of several kinds of meats, i.e. beef, veal and chicken. It is highly seasoned with vegetables and spices and always served clear, either hot or jellied.

JELLIED SOUP

2 tablespoonfuls granulated gelatine
3½ cupfuls hot, well-seasoned soup stock
½ cupful cold, well-seasoned soup stock
2 tablespoonfuls lemon juice
2 egg whites
Rind of one lemon, grated

Soak gelatine in cold soup stock 5 min. Heat the rest of the soup stock with the lemon juice and rind. Add the soaked gelatine, stir until dissolved. Fold in the stiffly beaten egg whites. Boil, stirring constantly, for 5 min. Cool and strain through double cheese-

cloth. Turn into bouillon cups, chill until set, and just before serving beat lightly with a fork. If canned broths, soups, or bouillon cubes are used, the egg whites need not be added.

VEGETABLE SOUP

We all have our favorite recipe for vegetable soup made with meat stock. Some prefer to make it using many onions, others like shredded cabbage in abundance. All have learned to use whatever vegetables are handy. Here is a simple recipe in which you may vary the vegetables as you wish. Make and clarify beef stock. Remove cooked meat from bones, cut in small pieces, and add:

1 quart beef stock	4 onions, sliced
Salt and pepper to taste	1 stalk celery with leaves
1 quart boiling water	1½ cupfuls canned tomatoes
4 carrots, sliced	4 medium potatoes, cubed

Simmer until vegetables are tender, about one hour. Remove the celery. Serves six.

When and How to Use Canapés and Hors d'Oeuvres

What Is an Hors d'Oeuvre?—An hors d'oeuvre is a small portion of highly seasoned or flavored food, served hot or cold at the beginning of a meal to stimulate the appetite.

What Is a Canapé?—A canapé is an hors d'oeuvre served on bread or on toast.

When May an Hors d'Oeuvre or Canapé Be Served?—An hors d'oeuvre or canapé replaces the fruit or fish cocktail as the first course at luncheon or dinner. It immediately precedes the soup course or the main course when no soup or entrée course is included. It may be served at the table or in the drawing or living room.

How Should Hors d'Oeuvres or Canapés Be Served?—

1. As an individual service: Arrange assorted hors d'oeuvres or a canapé on individual plates, and place on the service plates just before the guests are seated.

2. From the side: Maid places small plate on service plate at each cover immediately after guests are seated, or before if preferred. Maid then passes assorted hors d'oeuvres or canapés arranged on platter or compartment dish.
3. Arranged on compartment dish or platter and served as main dish at an informal supper.

Placement of Flat Silver for Hors d'Oeuvre Course—Use a breakfast, salad or pastry fork, placing it at extreme left of service plate in setting each cover. Simple canapés may be eaten with the fingers.

SOME READY TO SERVE HORS D'OEUVRES

Canned sardines, shrimp, salmon, chicken, potted and deviled meats, green and ripe olives, anchovies, antipasto, cheese, pâte de foie gras, caviar, assorted cold sliced meats, salami, and assorted sausages suggest some of the hors d'oeuvres that can be purchased all ready to serve.

A PLATTER OF FRUIT HORS D'OEUVRES

Canned or fresh peach slices
Canned or fresh pineapple
Fresh whole strawberries, blackberries or raspberries
Watermelon or cantaloupe
Canned or fresh pears
Seeded grapes
Grapefruit sections
Orange sections

For the summer hors d'oeuvre plate select some of the fruits above and prepare as follows: Dip the peach slices in freshly chopped pistachio nuts or almonds, the pineapple segments in finely chopped mint leaves, the strawberries, blackberries or raspberries in powdered sugar, the diced watermelon or cantaloupe in French dressing and the diced pears in orange juice. The seeded grapes and grape fruit and orange sections need no additional preparation.

A PLATTER OF SUBSTANTIAL HORS D'OEUVRES

Canned or fresh cooked shrimp
Stuffed hard-cooked eggs
Filled celery stalks
Cooked frankfurters
Diced cucumbers
Diced tomatoes

The above combination arranged on a platter or in a compartment dish may serve as an hors d'oeuvre course or as the main course at an informal spread or supper. Dip the shrimp in cooked salad dressing, garnish the stuffed eggs with strips of green pepper, fill celery stalks 2 in. long with a mixture of pimiento cheese and

chopped olives. Cook the frankfurters until tender, skin them and cut in thirds crosswise. Combine equal quantities diced cucumbers and tomatoes and season with French dressing.

STUFFED CELERY HORS D'OEUVRES

2 tablespoonfuls Roquefort cheese
4 tablespoonfuls cream cheese
Caviar
Celery stalks

Cream the Roquefort and cream cheese together. Fill crisp celery stalks 2 in. long with this mixture. Then with a knife make a narrow lengthwise trench through the center of each filled celery stalk. Fill the trench with a small quantity of caviar. Then cover it over with some of the cheese mixture, making it rounded. Sprinkle with paprika and serve.

TOMATO SANDWICH HORS D'OEUVRES

6 tablespoonfuls deviled ham
2 tablespoonfuls mayonnaise
⅛ teaspoonful minced onion
3 large tomatoes

Combine the deviled ham, mayonnaise and minced onion. Cut the tomatoes in ¼ inch slices and spread some of the ham mixture between every two slices. Serve on individual plates. Chopped chicken may be substituted for the deviled ham. Serves 6.

CREAM CHEESE CANAPÉS

Crisp crackers
1 small cream cheese
2 tablespoonfuls caviar
1 teaspoonful finely chopped onion

Cream together the cream cheese and caviar. Spread on crisp crackers and sprinkle with the finely chopped onion. Makes 12 canapés.

CAVIAR CANAPÉS

Bread
Finely minced onion
Caviar
Green pepper strips

Cut the bread into ½ in. slices and then into oblongs 2 in. wide and 4 in. long. Toast on one side only. Spread one half of each oblong of bread on the untoasted side with finely minced onion and the other half with caviar. A thin strip of green pepper may divide the two mixtures.

SHRIMP CANAPÉS

12 fresh cooked or canned shrimp
1 teaspoonful lemon juice
⅛ teaspoonful salt
½ teaspoonful tabasco sauce
Speck pepper
6 toast rounds
4 small sour gherkins

Chop the shrimp fine and add the lemon juice, tabasco sauce, pepper and salt. Spread on the rounds of toast and garnish with the gherkins, cut in halves lengthwise. Serves 6.

Fruit, Vegetable and Fish Cocktails

What Is A Fruit Cocktail? A fruit cocktail is a combination of fresh fruits, of fresh and canned fruits or of canned fruits diced or cut in small pieces, and served as the first course of luncheon, dinner or supper. Fruit cocktails should have a slightly acid tang and be well chilled when served. For this reason, they are all the better if prepared long enough before meal time to chill either in the refrigerator or in the ice trays of a refrigerating unit. Similar fruit combinations known as fruit cups may be served for dessert.

How Should Fruit Cocktails Be Served? Arrange the chilled fruit in chilled fruit cocktail or sherbet glasses. Place each glass on a small plate, with or without a doily, having the spoon on the right hand side of the plate. Then place on the service plates either just before or immediately after the guests are seated. The spoon may go to the right of the knife if preferred. If a fish cocktail is served, instead of fruit, the arrangement is the same. The oyster fork, however, goes at the extreme right of the knife.

GRAPES IN ORANGE JUICE COCKTAIL

2 cupfuls seedless grapes
1¼ cupfuls orange juice
1½ tablespoonfuls bottled lime juice

Stem the grapes and chill thoroughly. One half hour before serving arrange ⅓ cup. grapes in each sherbet glass. Combine the orange juice and lime juice and sweeten. Stir well and pour over the grapes, allowing about ⅓ cup. for each glass. Chill until ready to serve, then garnish each with a sprig of mint. If desired fresh raspberries may be substituted for the seedless grapes. Serves 6.

MELON BALLS IN GRAPEFRUIT JUICE

½ watermelon, or
2 honeydew or casaba melons
2 cans chilled grapefruit juice, or
2 cupfuls fresh chilled grapefruit juice

If using honeydew or casaba melons cut them in halves and remove the seeds. Then scoop out the balls from the edible portion, using a special tool for this purpose, or the ¼ tsp. in your measuring set. Arrange about 5 balls in each sherbet glass and cover each with about ¼ cup. grapefruit juice. Chill thoroughly before serving, garnishing with mint if desired. Fresh grapefruit juice may need to be slightly sweetened. Serves 8.

ORANGE AND GINGERALE COCKTAIL

2 cupfuls orange sections
1¼ cupfuls pale ginger ale
1 teaspoonful finely chopped mint

Prepare the orange sections from seedless oranges (see p. 32). Arrange in 6 sherbet glasses and just before serving cover with the gingerale. Then sprinkle with the chopped mint. Serves 6.

RED RASPBERRY COCKTAIL

3 cupfuls fresh, chilled raspberries
6 tablespoonfuls granulated sugar
2 teaspoonfuls bottled lime juice
2 tablespoonfuls finely chopped mint leaves

Arrange the chilled raspberries in 6 sherbet glasses. Sprinkle with lime juice and chill. Just before serving, combine the granulated sugar with the chopped mint leaves and sprinkle 1 tbsp. on each and serve. Garnish with mint. Serves 6.

Vegetable Cocktails—

TOMATO JUICE COCKTAIL

2 cupfuls strained, canned or fresh tomatoes
2 teaspoonfuls finely chopped onion
4 teaspoonfuls finely chopped green pepper
1 teaspoonful salt
1½ teaspoonfuls Worcestershire Sauce
Speck pepper
1 teaspoonful celery salt

If fresh tomatoes are used, peel and press them through a potato ricer. Combine all of the ingredients, chill thoroughly and serve in

cocktail glasses. Serves 6. There are tomato juice cocktails now being marketed in bottles ready for use.

Fish Cocktails--

CLAM JUICE COCKTAIL

18 soft-shell clams in the shell
3 cupfuls water
3 tablespoonfuls catsup
Salt to taste
¼ teaspoonful Tabasco Sauce
1 teaspoonful grated onion
1 tablespoonful finely chopped celery
1 teaspoonful lemon juice

Scrub the shells and wash free of sand in several waters. Place in a kettle with the water, cover tightly and steam until opened. Remove the clams from the kettle and let broth settle. Then strain the broth and when cold add the catsup, Tabasco sauce, grated onions, chopped celery, lemon juice and salt to taste. Chill thoroughly and serve in cocktail glasses. Serves 6.

COCKTAIL SAUCE

1 tablespoonful catsup
½ teaspoonful lemon juice
2 drops Tabasco
1 teaspoonful prepared horseradish
½ teaspoonful olive oil
½ teaspoonful finely chopped onions
½ teaspoonful Worcestershire Sauce
½ teaspoonful celery salt
½ teaspoonful minced green pepper

Combine the ingredients in the order given. Chill thoroughly before serving. Serves 1.

CLAM OR OYSTER COCKTAIL

Arrange six raw oysters or six little neck clams in each cocktail glass and pour the Cocktail Sauce over them.

LOBSTER, CRABMEAT, SCALLOP OR SHRIMP COCKTAIL

Allow ⅓ cup. of diced cooked lobster, crabmeat, shrimp or scallops for each serving. Arrange in cocktail glasses with the cocktail sauce poured over. Canned fish may also be used.

Deep Fat Frying

To be assured of perfectly fried foods, every housekeeper should use a deep fat frying thermometer. The so-called smoke test is often inaccurate and the results are variable.

General Directions—Select a deep, flat bottom frying kettle and fill about ⅔ full of any good fat or oil. Do not use butter. Insert the fat thermometer into the fat and heat to the desired temperature. Carefully slip the food into the fat (a wire basket with a handle for holding small foods is convenient). When done remove the fried food and drain on absorbent paper such as paper toweling.

When frying is completed, cool the fat, then strain through cheesecloth into can. If the fat is dark after using, clarify it as follows: Add raw potato cut in ¼ in. slices to the fat and allow it to heat gradually. When the fat ceases to bubble and the potatoes are well-browned, strain and store fat in a cool place.

Making Croquettes—Prepare the croquette mixture following specific recipes below. When cold, it is ready to shape. Allow about 1 rounding tbsp. of the mixture to each croquette. Make into balls, cuddling rather than pressing the mixture between the palms till cylindrical. With the balls formed, the shape may be changed into rolls, ovals, or cones as desired. Ice cream scoops are excellent for shaping conical-shaped croquettes.

After shaping the croquettes coat them on all sides with finely sifted, dried bread crumbs. Then dip in beaten egg, adding 1 tbsp. water to each egg. Lift them out and entirely coat again with bread crumbs. Let stand to dry before frying if possible. Croquettes, fish balls and all previously cooked food should be fried in hot deep fat of 390° F. until brown.

FRENCH FRIED POTATOES (See p. 38)

MEAT OR FISH CROQUETTES

2 cupfuls cold chopped meat or fish
1 cupful Thick White Sauce
Salt, pepper
Minced parsley
1 teaspoonful lemon juice (if fish)
½ teaspoonful lemon juice (if meat)
Celery salt to taste

Prepare meat or fish. Have sauce very cold. Mix very carefully with fish or meat and season. Shape, crumb, egg, crumb again and fry at 390° F. until golden brown on all sides. Makes about 12 croquettes. For Thick White Sauce (see p. 117).

POTATO CROQUETTES

4 cupfuls mashed potatoes
2 tablespoonfuls milk
¼ teaspoonful salt
⅛ teaspoonful pepper
½ teaspoonful chopped onion
2 egg-yolks
Beaten egg
Sifted dried crumbs

Add milk, salt, pepper, chopped onion and beaten egg-yolks to mashed potatoes. Chill and then shape as directed on p. 131. Fry in deep hot fat at 390° F. until brown on all sides. Makes about 15 croquettes.

SWEET POTATO CROQUETTES

Follow recipe for Potato Croquettes substituting mashed sweet potatoes.

Doughnuts—In all the recipes given below the amount of baking powder indicated is correct when using either a tartrate or phosphate baking-powder. With an aluminum baking-powder use one-half the amount specified.

PLAIN DOUGHNUTS

½ teaspoonful shortening
1 cupful sugar
1 egg
4 cupfuls bread flour
¼ teaspoonful cinnamon
¼ teaspoonful nutmeg
1 teaspoonful salt
1 cupful milk
4 teaspoonfuls baking powder

Cream shortening and sugar until well-blended. Add beaten egg. Sift 3 cups. of the flour with remaining dry ingredients. Add to egg mixture alternately with milk. Beat well. Then add 1 cup. flour or enough to make a soft dough. Roll dough ¼ in. thick on a floured board, cut into desired shapes and fry in deep hot fat at 360°—370° F. until brown and cooked. Drain on absorbent paper and when cool roll in sugar. This may easily be done by putting several doughnuts in a paper bag with a little granulated or powdered sugar and by shaking the bag.

CHOCOLATE MASHED POTATO DOUGHNUTS

3 eggs
2 squares unsweetened chocolate
2 tablespoonfuls shortening
1 cupful sugar
1 cupful cold mashed potatoes
¾ cupful sour milk
4½ cupfuls bread flour
4 teaspoonfuls baking-powder
1 teaspoonful salt
½ teaspoonful soda
¼ teaspoonful nutmeg

Beat eggs until light and lemon colored. Add sugar slowly and continue beating. Melt chocolate with shortening and add to eggs

with cold mashed potatoes and sour milk. Mix well. Sift remaining dry ingredients together and add. Beat well, turn on to a floured board, roll to ¼ in. thickness and cut into desired shape. Fry in hot deep fat at 360°—370° F. until done, turning frequently.

OLD-FASHIONED NEW ENGLAND DOUGHNUTS

1 compressed yeast cake
1 cupful warm water
1 cupful milk
½ cupful shortening
1 cupful brown sugar
2 beaten eggs
About 7½ cupfuls bread flour

Soften yeast cake in water. Meanwhile scald milk and when cool add softened yeast and 3½ cups. flour and beat until smooth. Let stand about 3 hrs. in a warm place. Cream the shortening with the sugar, add beaten eggs and beat well. Add to yeast and flour mixture with enough extra flour—about 4 cups.—to make a dough stiff enough to handle. Knead until elastic, set in a cool place to rise overnight. In the morning knead well and let rise until double in bulk. Take ⅓ of the dough at a time and roll out on a floured board ⅓ in. thick. Shape with a doughnut cutter. Lay on a slightly floured board and let rise until double in bulk—about 45 min. Then fry in hot deep fat at 350° F. until brown. Drain on absorbent paper.

JELLY DOUGHNUTS

1 cupful milk
¼ cupful shortening
½ teaspoonful salt
⅓ cupful sugar
1 compressed yeast cake
2 well beaten eggs
4 cupfuls bread flour
Currant Jelly

Scald milk, add shortening, salt and sugar. When cool, crumble yeast cake into mixture and beat well. Add eggs and sufficient bread flour to make a dough stiff enough to handle—about 4 cups. Knead until elastic and set in a cool place to rise 6 hrs. or overnight. In the morning turn on to a floured board, roll ¼ in. thick and cut into rounds. On each circle put 1 tsp. currant jelly, orange marmalade or any sweet thick preserve. Draw up edges, shape dough so that jelly is completely covered and *press the edges together firmly*. Leave the balls on the floured board until light and double in bulk. Then fry in deep hot fat at 350° F. turning frequently until thoroughly cooked. Drain on absorbent paper and when cool, roll in granulated sugar.

Fritters—

FRITTER BATTER

1½ cupfuls flour	1 egg
¼ teaspoonful salt	⅔ cupful milk
2 teaspoonfuls baking-powder	2 tablespoonfuls powdered sugar (for sweet fritters only)

Mix and sift dry ingredients. Combine milk and egg well beaten, and add to dry ingredients, while beating constantly. The batter should be thick enough to entirely coat the food. If too thick add more liquid; if too thin add more flour.

APPLE FRITTERS

3 large apples Fritter batter (see p. 134)

Pare, core and cut apples in ¼ in. slices. Add to fritter batter and drop by spoonfuls into deep, hot fat, at 360°—370° F. Fry until tender, turning frequently. Serves 6.

BANANA FRITTERS

6 bananas	Powdered sugar
2 tablespoonfuls lemon juice	Fritter batter (see p. 134)

Peel bananas and cut each in halves lengthwise. Then cut in two crosswise. Sprinkle with powdered sugar and lemon juice and let stand 30 min. Drain, dip in the fritter batter and fry in deep, hot fat at 360°—370° F. until done, turning frequently. Serves 6.

CLAM FRITTERS (See p. 108)

CORN FRITTERS

2 cupfuls corn, fresh or canned	2 teaspoonfuls melted fat
¾ teaspoonful salt	½ cupful milk
⅛ teaspoonful pepper	2 cupfuls flour
1 beaten egg	1 teaspoonful baking-powder

Chop corn coarsely, then add remaining ingredients. Beat well and drop by spoonfuls in deep hot fat heated to 360° F. Fry until done turning frequently. Serves 6.

PEACH FRITTERS

Peel and split fresh peaches, removing the stones. Sprinkle powdered sugar over them, dip each piece in fritter batter (see p. 134) and fry in deep hot fat at 360°—370° F. until tender.

A Chapter on Sandwiches

Choose bread which is not too fresh to slice easily, and cut it in thin even slices. Cream the butter, spread it on evenly and thinly, to the edge of the slice.

Sandwiches for afternoon tea usually have the crusts removed, while sandwiches for the lunch box, picnic, or hot sandwiches may have the crust left on. Cutting sandwiches in fancy shapes often wastes bread. Square loaves are best cut in strips, small squares, or triangles. The filling must be carefully seasoned, it must not be either too dry or too moist, and it must be spread on evenly and not very thinly.

Lettuce sandwiches should not be made until a short time before they are to be served, or they will be soggy.

To prepare meat for sandwiches remove all excess fat, gristle and dry edges, and put it through a food chopper. Season it well and moisten it with a little salad dressing, melted butter or chili sauce. Or cut it in thin slices and spread seasoning over it, and fit it between slices of buttered bread.

If sandwiches must be kept, wrap them in a damp cloth and place them in a refrigerator. Wrap sandwiches in paraffin or wax paper to keep them fresh when packing a lunch box or a picnic basket. The new moisture-proof transparent paper is excellent for this purpose and is most attractive as well.

Here are some of our favorite sandwich recipes.

ROLLED ASPARAGUS SANDWICHES

Bread — Butter
Asparagus tips — Mayonnaise

Cut ¼ in. thick slices of bread from a rather fresh, moist loaf of bread. Remove the crusts and spread the bread slices with softened butter. Dip the asparagus tips, either fresh cooked or canned, in mayonnaise. Place one on the edge of a slice of bread and roll into the bread like a jelly roll. Roll all the sandwiches in a damp napkin and place in the refrigerator for a few hours. The rolls should keep their shape.

BROWN BREAD SAVORY SANDWICHES

Brown Bread — Butter
Cream Cheese — Cream, milk or catsup
Chopped nuts, peppers or olives

Steam the brown bread in baking powder tins (see p. 146), slice thin and butter. Moisten the cream cheese with cream, milk or catsup and mix it with chopped nuts, peppers or olives and spread on the bread.

CHEESE AND CHIVE SANDWICHES

½ lb. soft yellow cheese, creamed — ¼ cupful chopped chives
Butter — Brown bread

Cream the cheese and add the chives. Spread between slices of buttered brown bread. In place of the soft yellow cheese you may substitute grated American cheese to which enough cream has been added to produce a consistency that will spread easily. This will make 10 to 12 sandwiches.

OPEN CHEESE SANDWICHES

1 roll snappy cheese — 1 tablespoonful Worcestershire Sauce
¼ teaspoonful salt — 12 slices bacon
1 egg, well-beaten — 12 rounds bread
¼ teaspoonful dry mustard

Cream the cheese, add the egg and seasonings and spread on the bread which should be cut about ½ in. thick. Place a slice of bacon on each round and bake a few min. in a quick oven of 450° F. till the bacon is done. Serve with a green salad. Makes 6 sandwiches.

CHICKEN GIBLET AND EGG SANDWICHES

Giblets, 1 chicken
1 tablespoonful cream
1 hard-cooked egg
Rye bread
½ teaspoonful Worcestershire sauce
1 teaspoonful tomato catsup
½ teaspoonful salt
Butter

Boil the giblets in salted water until tender. Put them together with the hard-cooked egg through a meat chopper. Add the seasonings and cream; spread between buttered slices of rye bread.

CHOCOLATE SANDWICHES

1 square chocolate
2 tablespoonfuls water
About 1 cupful confectioners' sugar
¼ cupful chopped pecan meats
1 package crisp unsweetened crackers
⅛ teaspoonful salt
1 teaspoonful butter

Cook the chocolate and water together until the chocolate is melted. Add the sugar and salt. Add more water, if needed, to make the right consistency to spread. Work in the softened butter and the nuts. Spread between the crackers. These are excellent served with afternoon tea.

CONCORDIA COMBINATION SANDWICHES

Chicken
Currant jelly
Mayonnaise
Bread
Butter

Chop cold cooked chicken and mix with mayonnaise, using ¼ cup. of mayonnaise to each cup. of chicken. Use as a filling for sandwiches made of white or any unsweetened bread. Make the same number of sandwiches, similar in size, of buttered white bread spread with currant jelly or any other red, tart, stiff jelly. Serve a jelly and a chicken sandwich together.

CREOLE SANDWICHES

4 tablespoonfuls butter
2 tablespoonfuls tomato catsup
½ cupful flaked sardines
1 tablespoonful lemon juice
Whole wheat bread
6 stuffed olives

Soften the butter; add the sardines finely flaked, the tomato catsup, lemon juice and the olives chopped fine. Spread on whole wheat bread.

GINGER SANDWICHES

Crystallized or preserved ginger
White bread
Butter
Thick fruit sirup

Mince until very fine the crystallized or preserved ginger. Moisten with enough of the sirup to make it spread easily. Make a little orange or lemon sirup if no other is at hand, or use soft jelly. Butter thin slices of white bread and spread with a very thin layer of the ginger filling. Cover, press together, trim off crusts, and cut in preferred shapes.

LOBSTER AND OLIVE SANDWICHES

½ cupful lobster meat
Mayonnaise
8 stuffed olives
Bread
Butter

Either canned or fresh lobster meat may be used. Combine the lobster and stuffed olives and chop fine. Moisten with mayonnaise or thick cooked salad dressing and spread between slices of buttered bread. Makes 6 sandwiches.

MOCK DEVILED HAM SANDWICHES

3 frankfurters
¼ teaspoonful prepared mustard
3 tablespoonfuls mayonnaise
Butter
10 slices bread

Boil frankfurters, chill, remove skins, and put through food chopper. Mix with mayonnaise and mustard and spread between slices of buttered bread. Makes 5 large sandwiches.

PEANUT BUTTER AND JAM SANDWICHES

Peanut butter
Strawberry jam
Whole wheat bread
Butter

Soften peanut butter by creaming and spread it on thin slices of whole wheat bread. Add a thin layer of strawberry or other jam and cover with slices of the buttered bread. Press together, trim and cut in desired shapes.

RIBBON SANDWICHES

Graham bread
Butter
White bread
Sweet red pepper
Sweet green pepper

Cut two slices each of graham and white bread at least half an inch thick. Spread liberally with butter. Lay alternate narrow

strips of red and green sweet pepper on each slice. Press the slices firmly together, alternating the graham and white slices. Trim off the crusts and slice thinly through the four slices. The regular flecks of the bright red and green are very attractive. Clear currant jelly and cream cheese may be used instead of the peppers.

YUM YUM SANDWICHES

1 cream cheese or an equal quantity of cottage cheese
2 cupfuls minced ham
20 slices white or rye bread
1 small bunch watercress

Pick the leaves from the watercress and cream them into the cheese together with the ham. Spread between thin slices of unbuttered bread. A little mayonnaise or French dressing may be added to this sandwich filling if desired. Makes 10 sandwiches.

Toasted Sandwiches—Sandwich toasters are a new type of electrical table appliance. The sandwiches made in them differ from the usual toasted sandwich in that they are buttered on the outside and no butter is used on the inside. The sandwich toasts on both sides at once and usually in ½ min. If such a toaster is not used, the bread is first toasted, then buttered and spread with filling.

TOASTED BAKED BEAN AND VEGETABLE SALAD SANDWICHES

1 No. 2 can baked beans
18 slices graham or whole wheat bread
¼ cupful grated American cheese
1 cupful shredded cabbage
4 tomatoes
Mayonnaise

Allow 3 slices of toasted bread for each sandwich. On the first slice, buttered, place a layer of hot baked beans, and sprinkle with grated cheese. On this, place another slice of toast, and cover with shredded cabbage and thin slices of tomato. Sprinkle with salt and pepper. Cover with third slice of toast, spread with mayonnaise on the side nearest the vegetables. Serve at once. Makes 6 sandwiches.

HAM AND MUSTARD CLUB SANDWICHES

12 slices rye bread
½ lb. thinly sliced ham
½ cupful butter
½ teaspoonful dry mustard
½ cupful minced pickle

Spread the bread with the butter mixed with the dry mustard and place a slice of ham sprinkled with the minced pickle between the slices. Toast as above. Makes 6 sandwiches.

TOASTED SARDINE SANDWICHES

3-8 oz. cans sardines — 12 slices white bread
3 tomatoes — 6 leaves lettuce
6 tablespoonfuls mayonnaise or Russian dressing

Place a leaf of lettuce on a slice of buttered bread and on it place 4 whole sardines. Place 2 or 3 very thin slices of tomato on the sardines, cover with dressing and top with another slice of bread. Toast as above. Makes 6 sandwiches.

Baking Powder Biscuits and Shortcakes

In all the recipes given below the amount of baking-powder indicated is correct when using either a tartrate or phosphate baking-powder. With an aluminum baking-powder use one-half the amount specified.

BAKING POWDER BISCUITS

2 cupfuls flour — 4 teaspoonfuls baking-powder
4 tablespoonfuls shortening — 1 teaspoonful salt
⅔ cupful milk or water (about)

Cut shortening into sifted dry ingredients. Add liquid to make a soft dough. Roll lightly or pat into a sheet about ½ to 1 inch thick, cut into rounds and place on greased baking sheet. Bake in a hot oven of 450° F. for 12-15 mins.

Cheese Biscuits—Add ½ cup. grated cheese with shortening to Baking Powder Biscuit recipe or sprinkle on top of Baking Powder Biscuits.

Fruit or Nut Biscuits—Add ¾ cup. currants, raisins, chopped figs, preserved ginger, candied cherries or nuts, to Baking Powder Biscuit recipe before adding liquid. Tops of biscuits may be sprinkled with brown sugar and cinnamon or nutmeg.

Orange Biscuits—Dip sugar cubes in orange juice, moistening thoroughly. Place 1 on each Baking Powder Biscuit before baking. Sprinkle with grated orange rind.

Peanut Butter Biscuits—¼ cup. peanut butter used as the shortening in Baking Powder Biscuit recipe.

Pin-Wheel Biscuits—2 tsp. melted butter, ¼ cup. sugar, 2 tsp. nutmeg or cinnamon. Roll Baking Powder Biscuit dough into a rectangular sheet ¼ inch thick. Brush with melted butter, sprinkle with sugar and cinnamon and roll up from long side like jelly-roll. Cut in ¾ inch slices, lay slices flat on greased pan. Bake 20 min. at 450° F.

Caramel or Butterscotch Biscuits—1 cup. brown sugar creamed with ¼ cup. butter or margarine. Roll biscuit dough as in Pin-Wheel biscuits, and spread on creamed mixture. ½ cup. raisins may be sprinkled over before rolling up. Cut and bake same as Pin-Wheel biscuits, or bake in greased muffin pans.

Drop Biscuits—Make like Baking Powder Biscuit recipe. Increasing liquid from ⅔ cup. to 1 cup. and drop from teaspoon into greased muffin tins or on greased pan. Fruits and nuts may be added to drop biscuits, or make a depression in top of each biscuit, in which put 1 tsp. orange marmalade fruit or nuts. Bake in a hot oven of 450° F. for 12-15 mins.

Dumplings for Stews—Make same as Baking Powder Biscuit recipe. Instead of rolling drop the dough by spoonfuls, from the tip of a spoon into the boiling stew. Care should be taken to drop each one on a piece of meat or vegetable so that it may not be immersed in liquid. Cover the kettle closely and steam 12 min. Be sure the liquid is boiling the entire time and do not remove the cover until the dumplings are cooked.

Shortcake—Increase shortening in Baking Powder Biscuit recipe to ½ cup. and follow the same method. Bake in a thick layer and split or make 2 thin layers, put together, bake, and separate. Individual shortcakes may be made. Bake same as Baking Powder Biscuits.

Fruit Shortcakes—1 qt. of berries, sliced peaches, fresh or canned, or pineapple, and 1 cup. cream whipped. Crush berries or slice fruit, reserving choice berries or slices for garnishing. Cut pineapple fine. Sweeten as needed. Put between layers and on top of shortcake. Top with whipped cream and garnish with whole berries or slices of fruit.

Quick Breads

In all the recipes which follow the amount of baking-powder indicated is correct when using either a tartrate or phosphate baking-powder. With an aluminum baking-powder use one-half the amount specified.

PLAIN MUFFINS

2 cupfuls flour
2 tablespoonfuls sugar
4 teaspoonfuls baking powder
½ teaspoonful salt
1 egg, beaten
1 cupful milk
3 tablespoonfuls melted fat

Sift together dry ingredients. Mix milk with beaten egg and add to dry ingredients. Stir well together and add melted fat. Bake in greased muffin pans in a hot oven of 400° F. for 25 min. Makes 11 muffins.

Bran Muffins—Substitute ¾ cup. bran for ¼ cup. flour, add 4 tbsp. molasses, 1 tbsp. melted fat, and 1 tsp. baking powder to Plain Muffins. Add molasses with milk and egg and bake same as Plain Muffins. Makes 12.

Cereal Muffins—Add 1 cup. cooked cereal, 1 tsp. baking powder, and ½ tsp. salt to Plain Muffin recipe. Mix same as for Plain Muffin recipe, mixing ½ of milk with cereal and adding to other ingredients. Bake same as plain muffins. Makes 14.

Fruit or Nut Muffins—Add 2 tbsp. sugar and ½ to 1 cup. chopped nuts or fruit to Plain Muffin recipe. Dredge the fruit with 2 tbsp. of the flour and add last. Raisins, chopped dates, figs, apples, cooked prunes, apricots or blueberries may be used. Bake same as plain muffins. Makes 13.

Whole Wheat Muffins—Substitute 1 cup. whole-wheat flour for 1 cup. white flour in Plain Muffins, and add 1 tsp. baking powder, all other ingredients the same. The sugar may be increased to 4 tbsp. and brown sugar may be used if desired. 1 cup. rye meal may be used for the whole wheat flour. Bake same as Plain Muffins. Makes 11.

GRAHAM NUT MUFFINS

1 cupful Graham flour
¾ cupful white flour
½ cupful sugar
5 teaspoonfuls baking powder
1 teaspoonful salt
1 cupful milk
1 egg
3 tablespoonfuls melted fat
½ cupful chopped pecans

Mix and sift dry ingredients; add nuts, add milk gradually, egg well beaten, and melted fat. Bake in a hot oven of 400° F. in buttered muffin pans for 25 min. Makes 16.

POPOVERS

2 cupfuls flour
½ teaspoonful salt
2 eggs
2 cupfuls milk
2 teaspoonfuls melted fat

Beat eggs slightly. Sift flour and salt, and add alternately with milk to eggs. Add melted fat. Beat with egg beater until smooth and full of bubbles. Fill hot greased cast aluminum or iron gem-pans or glass or earthenware custard cups, ⅔ full of popover batter. Place immediately in a hot oven of 450° F. and bake for 30 min. Then lower temperature to 350° F. and bake for 15 min. longer. Makes 9 popovers.

CORNBREAD

2 cupfuls cornmeal
1 teaspoonful soda
1½ teaspoonfuls salt
2 cupfuls sour milk
2 eggs, beaten
2 tablespoonfuls melted fat
3 tablespoonfuls sugar

Sift dry ingredients together. Mix milk with beaten eggs and add to dry ingredients. Stir well together and add melted fat. Pour into a hot greased baking pan or muffin tins and bake in hot oven of 400° F. for 20-25 min. Makes 24 pieces.

GRIDDLE CAKES

2½ cupfuls flour
1 tablespoonful sugar
4½ teaspoonfuls baking powder
1 teaspoonful salt
1 egg, beaten
2 cupfuls milk

Sift together dry ingredients, add milk, mixed with the egg well-beaten. Beat all together until smooth. Bake on a hot griddle until brown. Makes about 15 cakes.

For Sour Milk Griddle Cakes substitute sour milk for sweet milk, and 1 tsp. of soda for the baking powder. 1 cup whole wheat flour or corn-meal may be substituted for 1 cup. white flour. Makes about 15 cakes.

BREAD-CRUMB GRIDDLE CAKES

2 cupfuls bread crumbs
2 cupfuls hot milk
1 tablespoonful shortening
1 tablespoonful sugar
½ teaspoonful salt
2 eggs
2 teaspoonfuls baking powder
1 cupful flour

Soak bread crumbs and milk overnight or until soft. Stir until smooth. Add melted fat, sugar, salt, and egg-yolks beaten light. Add

flour and baking powder which have been sifted together. Fold in the stiffly beaten egg-whites. Bake on a hot griddle until brown. Makes about 18 cakes.

WAFFLES

2 cupfuls pastry flour
4 teaspoonfuls baking powder
¼ teaspoonful salt
2 eggs
1¼ cupfuls milk
6 tablespoonfuls melted fat

Sift together dry ingredients. Add gradually milk mixed with beaten egg-yolks and melted fat. Fold in stiffly beaten egg-whites. Bake on hot waffle iron. Makes 6 to 8 waffles.

JAMES RIVER WAFFLES

2 cupfuls flour
¼ teaspoonful salt
2 teaspoonfuls baking powder
1 teaspoonful soda
3 eggs
2 cupfuls sour milk
6 tablespoonfuls fat

Separate the eggs and beat the egg yolks until light. Then add 1 cup. of sour milk. Sift together the dry ingredients, add to the yolk mixture and beat. Add the other cup. of sour milk and beat again, then add the fat, melted, and last fold in the egg-whites, beaten stiff. Bake in a hot waffle iron. Serves 6.

Care of Waffle Iron—A new waffle iron should always be seasoned before being used and sometimes it is well to re-season an old one. To do this heat waffle iron for 5 min. and then rub both top and bottom grids with an unsalted fat, heat the waffle iron to baking temperature, and bake a waffle. Discard this waffle and your iron is ready for use.

Quick Loaf Breads

In all the recipes given below the amount of baking-powder indicated is correct when using either a tartrate or phosphate baking-powder. With an aluminum baking-powder use one-half the amount specified.

NUT BREAD

3 cupfuls bread flour
½ cupful sugar
1 teaspoonful salt
6 teaspoonfuls baking powder
1½ cupfuls milk
1 egg, beaten
1 cupful chopped nuts
3 tablespoonfuls melted fat

Sift together dry ingredients; add milk mixed with beaten egg, nuts and melted fat. Beat well. Bake in greased loaf pan in

moderate oven of 375° F. for 1 hr. Pecans, walnuts, almonds or peanuts may be used. White or brown sugar or molasses may be used, and one-half the flour may be whole wheat flour.

Date Bread—1 cup. chopped dates may be substituted for the nuts. Raisins, currants, chopped prunes, or figs may be used instead of dates. Make and bake like Nut Bread.

Nut and Fruit Bread—½ cup. each of nuts and fruit or other proportions desired may be substituted for 1 cup. of nuts. Dates and walnuts or figs and almonds are good combinations. Make and bake same as Nut Bread.

Peanut Butter Bread—Substitute ½ cup. peanut butter for 1 cup. nuts in Nut Bread. Cream peanut butter and sugar, or cut peanut butter into flour first. Bake same as Nut Bread.

BRAN BREAD

2 cupfuls bran
2 cupfuls whole wheat flour
2 teaspoonfuls baking-powder
1 teaspoonful salt
1 teaspoonful soda
¾ cupful brown sugar
1 egg
1¾ cupfuls sour milk

Method I. Mix like Nut Bread (see p. 144) and bake in a moderate oven of 375° F. for 1 hr.

Method II. Beat egg, add sugar and sour milk, then mix in well the sifted dry ingredients. Pour into greased loaf pan and let stand ½ hr. Bake in moderate oven of 375° F. for 1 hr.

Sweet milk and twice the amount of baking powder may be substituted for sour milk and soda.

OATMEAL BREAD

2 tablespoonfuls melted fat
1½ cupfuls whole wheat flour
5 teaspoonfuls baking powder
Milk (about ¼ cupful)
2 tablespoonfuls molasses
1 egg
1 cupful cooked oatmeal
1 teaspoonful salt

Mix fat and sifted dry ingredients; add molasses, beaten egg and oatmeal, add milk to mixture to make a rather stiff batter about ¼ cup., depending on consistency of oatmeal. Pour into greased loaf pan and let stand 15 mins. Bake in a moderate oven of 375° F. for 45 mins.

BOSTON BROWN BREAD

1 cupful whole wheat flour
1 cupful rye flour
1 cupful cornmeal
1½ teaspoonfuls soda
1½ teaspoonfuls salt
¾ cupful molasses
2 cupfuls sour milk

Sift together dry ingredients. Stir in the molasses and sour milk. Fill greased molds ⅔ full, cover closely and steam 3½ hrs. 1 cup. floured raisins may be added if desired.

Raised Breads and Rolls

MILK BREAD

2 cupfuls scalded milk
1 tablespoonful butter
2½ teaspoonfuls salt
2 tablespoonfuls sugar
1 yeast cake softened in ¼ cupful lukewarm water
6–7 cupfuls sifted bread flour

Put shortening, sugar, and salt in bowl and pour on scalded milk. When lukewarm add softened yeast cake and enough flour to make a soft, smooth, elastic dough. Turn on floured bowl and knead, until dough is elastic to touch and bubbles may be seen under the surface. Place in a greased bowl and let rise in a warm place until double in bulk. Cut through dough several times with knife or punch down with finger tips and let rise again for about 45 min. Toss on slightly floured board, knead well, cut into 2 loaves, shape, and place in greased loaf pans. Allow to rise again until double in bulk and bake in moderate oven of 375° F. for 1 hr. Remove loaves at once from pans and place on wire cooler. If crisp crust is desired allow to cool without covering.

SPONGE FOR SWEET BREADS AND ROLLS

½ cupful scalded milk
¼ cupful cold water
½ teaspoonful salt
⅓ yeast cake
2 teaspoonfuls sugar
1 cupful bread flour

Soften yeast in cold water; add to lukewarm milk with sugar, salt and flour. Beat with egg beater until smooth. Set in warm place to rise until light and fluffy, about 3 hrs. or overnight in a cool place. Makes 1 cup. of sponge.

PARKER HOUSE ROLLS

1 cupful Sponge (see p. 146)
1 egg, well beaten
2 tablespoonfuls melted fat
1 tablespoonful sugar
2½ cupfuls bread flour
Melted butter

To light sponge add additional ingredients except butter. Knead on a floured board until elastic. Let rise, about 1 hr. When double in bulk, roll out ¼ inch thick, cut with 2-inch biscuit cutter. Make a crease through each with dull side of knife. Brush over half with melted butter, fold and press edges together. Place on a greased pan or baking sheet, cover and let rise until almost double in bulk. Bake in a hot oven of 400° F. for 20 min.

Bread Sticks—Prepare and cut dough as for Parker House Rolls. Roll each piece of dough with the hand until about 8 inches long, keeping a uniform size and rounded ends. Let rise and bake like Parker House Rolls.

Clover Leaf Rolls—Prepare dough as for Parker House Rolls. When double in bulk, shape into balls about 1 inch in diameter. Drop 3 into each section of greased muffin pan. Brush with melted butter, let rise and bake like Parker House Rolls.

Luncheon Rolls—Prepare dough as for Parker House Rolls using 2 tbsp. fat, 1 egg, well beaten, and ¼ tsp. grated lemon rind in addition to other ingredients. Let rise. Bake at 400° F. for 15 min.

SWEDISH BREAD

1 cupful Sponge (see p. 146)
¼ cupful melted fat
3 tablespoonfuls sugar
½ teaspoonful salt
¼ teaspoonful almond extract
1 egg, reserve 1 tablespoonful white for glazing
2¼ cupfuls bread flour

To light sponge add fat, egg, sugar, almond extract and salt. Beat well. Add flour to make a stiff dough. Knead on a floured board until elastic. Stand in a warm place to rise, about 1 hr. When double in bulk, shape into a loaf. Put in greased pan. Glaze top with white of egg, sprinkle with sugar. Let stand 1 hr. to rise. Bake in moderate oven of 375° F. for 1 hr.

Filled Bread—Prepare dough as for Swedish Bread and let rise. Shape dough by rolling into oblong sheet ¼ inch thick. Make

a filling by mixing the following ingredients together and cooking until thick:

½ cupful chopped figs or dates
1 tablespoonful flour
2 tablespoonfuls chopped candied ginger
¼ cupful chopped walnut meats or cocoanut
¼ cupful sugar
¼ cupful water
⅛ teaspoonful salt

Cool and spread on dough. Roll up like jelly roll. Cut in 1 inch pieces. Lay flat slices on a greased sheet to rise. When light, bake in hot oven of 400° F. for 20 min. The whole roll may be baked in a bread pan for 1 hr. if preferred.

Philadelphia Cinnamon Bun—Prepare dough as for Swedish Bread, omitting almond extract, and let rise. Shape dough by rolling into oblong sheet ¼ inch thick. Spread with 2 tbsp. softened fat. Sprinkle with ¼ cup. brown sugar, mixed with ¼ tsp. cinnamon, 1 cup. cleaned currants, and ¼ cup. chopped raisins. Roll lightly with rolling pin to press in fruit. Then roll like jelly roll. Cut in slices 2 inches wide. Lay flat slices on greased round pan. Cover and set to rise until double in bulk. Make a sirup of 1 cup. sugar and ¼ cup. water and boil to 310° F. Pour hot sirup over raised buns and bake in moderate oven of 350° F. for 1 hr.

Swedish Braid—Prepare dough as for Swedish Bread and let rise. Reserve 1 tsp. egg-yolk for glazing instead of egg white and mix with 1 tsp. cold water. Cut dough into 3 pieces of equal size and roll into long strips. Then braid. Put on greased sheet, cover and let rise. Brush over with egg yolk mixture and sprinkle with ¼ cup. chopped blanched almonds. Bake in hot oven of 400° F. for 1 hr.

Swedish Tea Ring—Prepare dough as for Swedish Bread and let rise. Shape dough by rolling into oblong sheet ¼ inch thick. Spread with 2 tbsp. softened fat. Sprinkle with ½ cup. brown sugar mixed with ¼ tsp. cinnamon, ¼ cup. chopped blanched almonds, ¼ cup. raisins, ¼ cup. citron slivers. Roll lighty with rolling pin to press in fruit, then roll up like a jelly roll. Join ends to form ring. Cut gashes with scissors and pat into shape. Glaze top with egg white. Let rise and bake in hot oven of 400° F. for 30 min.

Cookies

In all the recipes given below the amount of baking-powder indicated is correct when using either a tartrate or phosphate baking-powder. With an aluminum baking-powder use one-half the amount specified.

SUGAR COOKIES

⅓ cupful shortening
1 cupful sugar
2 eggs, beaten
1½ cupfuls pastry flour
1 teaspoonful baking powder
½ teaspoonful salt
1 teaspoonful flavoring extract or spice

Cream sugar and shortening and add eggs, beating mixture thoroughly. Sift together dry ingredients and add to mixture with flavoring extract. Form into a roll, chill and slice. Use 2½ tbsp. less flour for drop cookies. Bake on greased baking sheet in hot oven of 425° F. for about 8 min.

Chocolate Cookies—Add 1 sq. chocolate, melted, to sugar and shortening mixture of Sugar Cookie recipe or add ⅓ cup. cocoa to dry ingredients.

Nut Cookies—Add ½ cup. chopped nuts to Sugar Cookie recipe.

Seed Cookies—Add 1½ tsp. anise, caraway, or cardamom seeds to Sugar Cookie recipe.

GINGER COOKIES

½ cupful brown sugar
½ cupful molasses
4 tablespoonfuls shortening
1 egg, beaten
¾ teaspoonful ginger
½ teaspoonful salt
½ teaspoonful soda
½ cupful sour milk
2½ cupfuls pastry flour

Cream shortening and sugar together. Add molasses and beaten egg. Sift dry ingredients together and add to mixture alternately with sour milk. Drop by teaspoonfuls about 2 inches apart on greased baking sheets and bake in a moderate oven of 375° F. for 10 min.

FILLED COOKIES

Filling—

1 cupful chopped raisins
½ cupful sugar
⅛ teaspoonful salt
2 tablespoonfuls flour
Juice ½ lemon
¼ cupful boiling water

Mix in order given and cook all together until thick. Cool before using.

Dough—

1 cupful sugar
1 egg, well-beaten
1 cupful sour cream
4 cupfuls pastry flour
2 teaspoonfuls baking powder
½ teaspoonful soda
1 teaspoonful lemon extract
½ teaspoonful salt

Mix together sugar, beaten egg and sour cream. Sift together dry ingredients and add to first mixture. Add lemon extract. Roll thin and cut in rounds. Place 1 tsp. of the filling on half the cookies and cover with the remaining cookies. Press together lightly, sprinkle tops with sugar, and bake in a hot oven of 400° F. for 10 min.

HERMIT COOKIES

¾ cupful shortening
1½ cupfuls brown sugar
3 eggs, well beaten
¾ teaspoonful soda
2½ cupfuls pastry flour
½ teaspoonful cinnamon
½ teaspoonful nutmeg
1 cupful raisins
1 cupful chopped walnut meats

Cream the shortening and sugar and add the well-beaten eggs. Sift 2 cups. of flour with the soda and spices and add to mixture. Add raisins and nuts mixed with rest of flour. Drop by teaspoonfuls on greased baking sheets about 2 inches apart. Bake in a hot oven of 400° F. for 10 min.

MOLASSES COOKIES

1 cupful shortening
1 cupful brown sugar
1 cupful molasses
1 cupful sour milk
2 teaspoonfuls soda
1 teaspoonful salt
1 teaspoonful ginger
1 teaspoonful cinnamon
1 tablespoonful vinegar
5 cupfuls pastry flour (about)

Cream the shortening and blend with the brown sugar; add the molasses and sour milk. Sift together 3 cups. of flour with soda, salt and spices. Add to first mixture together with vinegar. Add the rest of flour, taking care to keep the dough soft. Chill 3 to 4 hrs. or overnight. Roll medium thin and cut in desired shapes, or shape dough before chilling and slice. Bake on greased baking sheets in a moderate oven of 350° F. for 15 min.

OATMEAL COOKIES

1 cupful hot, cooked oatmeal
2 tablespoonfuls shortening
½ teaspoonful salt
1 cupful sugar
½ cupful molasses
½ cupful raisins
½ cupful chopped walnut meats
½ teaspoonful cinnamon
½ teaspoonful soda
2 cupfuls pastry flour (about)

Mix in order given, and drop 2 inches apart on a well greased baking sheet. Bake in a moderate oven of 350° F. for about 10 min.

CRISP OATMEAL COOKIES

2 cupfuls rolled oats
1 cupful sugar
½ cupful shortening
½ cupful milk
½ teaspoonful soda
¼ teaspoonful nutmeg
¼ teaspoonful salt
2 cupfuls pastry flour
½ teaspoonful vanilla

Cream together rolled oats, shortening and sugar. Add milk gradually and continue beating until creamy. Sift together dry ingredients and add to first mixture. Add vanilla. Chill. Roll thin. Cut in desired shape and bake in a moderate oven of 350° F. for about 10 min.

PEANUT MACAROONS

2 egg whites
1 cupful confectioners' sugar
¼ cupful pastry flour
¼ teaspoonful salt
1 cupful peanuts, coarsely chopped

Beat egg whites until stiff and dry. Add gradually confectioners' sugar, flour, and salt. Fold in chopped peanuts. Drop from the end of a teaspoon on a greased baking sheet about 2 inches apart and bake in a hot oven of 400° F. for 10 min.

SAND TARTS

1 cupful brown sugar
½ cupful butter or margarine
1 egg, well-beaten
1 teaspoonful vanilla
2½ cupfuls pastry flour
¼ teaspoonful salt
2 teaspoonfuls baking powder
1 egg white
1 tablespoonful sugar mixed with ¼ teaspoonful cinnamon
Nuts, candied cherries or candied pineapple

Cream together sugar and butter, add beaten egg, vanilla and flour which has been sifted with baking powder and salt. Shape into roll and chill in refrigerator 1 hr. or more. Roll very thin and cut. Place on greased baking sheets, brush top of each with slightly beaten egg white, and sprinkle with sugar and cinnamon mixture. Place in the center of each a blanched almond, pecan, a piece of candied cherry or a bit of candied pineapple. Bake in a hot oven of 450° F. for 10 min.

SOUR CREAM COOKIES

1 cupful brown sugar	2 cupfuls pastry flour
½ cupful shortening	½ teaspoonful nutmeg
1 egg, beaten	½ teaspoonful soda
½ cupful sour cream	2 teaspoonfuls baking powder
½ teaspoonful salt	1 cupful chopped nut meats

Cream shortening and sugar together; add beaten egg and nuts. Sift together dry ingredients and add to mixture alternately with cream. Mix well and drop by teaspoonfuls on greased baking sheets. Bake in a hot oven of 400° F. for 15 min.

Cakes Using Shortening

In all the recipes given below the amount of baking-powder indicated is correct when using either a tartrate or phosphate baking-powder. With an aluminum baking-powder use one-half the amount specified.

TWO EGG CAKE

½ cupful shortening	½ cupful milk
1 cupful sugar	2½ teaspoonfuls baking powder
2 eggs	½ teaspoonful salt
1¾ cupfuls pastry flour	½ teaspoonful vanilla

Cream shortening and add sugar gradually while creaming. Add beaten eggs and beat well until thoroughly blended. Sift dry ingredients together. Mix flavoring with the milk and add alternately with sifted dry ingredients to sugar mixture. Eggs may be separated if desired, in which case add beaten yolks to sugar and shortening and fold in stiffly beaten egg-whites at the last. Pour into 2 greased and floured layer cake pans and bake in a moderate oven of 375° F. for 20 min. This may be baked in a greased and floured loaf pan for 45 to 55 min. at 350° F. or in greased and floured cup-cake tins at 375° F. for 30 min. Frost with any desired icing.

WHITE CAKE

½ cupful shortening	3 egg whites
1 cupful sugar	2 teaspoonfuls baking powder
½ cupful milk	½ teaspoonful salt
2 cupfuls pastry flour	1 teaspoonful vanilla

Cream shortening and add sugar gradually while creaming. Sift dry ingredients together. Mix flavoring with milk and add alter-

nately with sifted dry ingredients to sugar mixture. Fold in stiffly beaten egg whites and bake as Two-Egg Cake (see p. 152). Frost with any desired icing.

GOLD CAKE

⅓ cupful shortening
1 cupful sugar
4 egg yolks
2 cupfuls pastry flour
½ cupful milk
3 teaspoonfuls baking powder
½ teaspoonful salt
1 teaspoonful vanilla

Cream shortening and add sugar gradually while creaming. Beat egg yolks until thick and lemon colored and add to sugar mixture. Sift dry ingredients together. Mix flavoring with milk and add to sugar mixture alternately with sifted dry ingredients. Bake as directed above. Frost as desired.

Apple Sauce Cake—Use ¾ cup. unsweetened apple sauce in place of ½ cup. milk in Two-Egg Cake. Add ¼ tsp. soda and half as much baking powder.

Caramel Cake—Add 3 tbsp. Caramel Sirup (see p. 188) to the Two-Egg, White or Gold Cake.

Chocolate Cake—Add 3 sq. melted chocolate to the Two-Egg, White or Gold Cake. Add it to shortening and sugar mixture.

Cocoanut Cake—Fold 1 cup. grated cocoanut into the Two-Egg, White or Gold Cake. Sprinkle 1 cup. over top and between layers if desired, or more may be added to cake batter to the amount of 1½ cup.

Coffee Cake—Use very strong cold, black coffee in place of the milk in either the Two-Egg or White Cake.

Maple Cake—Maple sugar may be used instead of granulated sugar. ½ cup. maple sirup and ¼ cup. corn sirup may be substituted for 1 cup. sugar in Two-Egg Cake.

Marble Cake—Color ⅓ or ½ of the Two-Egg or White Cake batter with chocolate, vegetable coloring or mixed spices, proportion of batter colored depending on taste. The mixtures are put in pan alternately and in irregular amounts to obtain a variegated and mottled effect in cake.

Nut Cake—1 cup. chopped nut meats may be added to Two-Egg, White or Gold Cake recipe.

Orange Cake—Substitute the same amount of orange juice for milk in Two-Egg, White or Gold Cake. Add 2 tbsp. grated orange rind.

Spanish Cake—Add 1 tbsp, cinnamon to Two-Egg Cake.

DEVIL'S FOOD CAKE

1 cupful butter or margarine
2 cupfuls sugar
3 squares chocolate, melted
5 eggs
1 cupful buttermilk
2½ cupfuls flour
½ teaspoonful salt
1 teaspoonful vanilla
1 teaspoonful soda dissolved in 1 tablespoonful boiling water

Cream the shortening and add sugar gradually while creaming. Add melted chocolate and mix well. Add egg-yolks and beat mixture thoroughly. Sift flour with salt and add alternately with buttermilk. Stir in the vanilla and dissolved soda. Last fold in the stiffly beaten egg-whites. Bake in three 9-inch greased and floured layer tins in a moderate oven of 375° F. for 20 min. or in a greased and floured loaf pan at a temperature of 350° F. for 1 hr. Frost with All-Round or any other desired icing.

SPICE CAKE

½ cupful shortening
2 cupfuls brown sugar
2 eggs
1 cupful sour milk
2½ cupfuls pastry flour
1 teaspoonful soda
2 teaspoonfuls cinnamon
1 teaspoonful allspice
½ teaspoonful cloves
1 teaspoonful nutmeg

Cream shortening and add sugar gradually while creaming, taking care to work smooth all lumps. Add well beaten eggs and mix thoroughly. Sift together dry ingredients and add to mixture alternately with sour milk. Bake in three 9-inch greased and floured layer tins in a moderate oven of 375° F. for 20 min. or in a greased and floured loaf pan at a temperature of 350° F. for 45 to 55 min. Frost with any desired icing.

FRUIT CAKE

1 lb. butter or margarine
1 lb. brown sugar
12 egg yolks
1 cupful molasses
12 egg whites
4 cupfuls pastry flour
4 teaspoonfuls allspice
4 teaspoonfuls cinnamon
1 teaspoonful nutmeg
1½ teaspoonfuls mace
2 lbs. seeded raisins, cut in small pieces
2 lb. Sultana raisins, chopped
1 lb. currants, cleaned
½ preserved lemon rind, cut small
½ preserved orange rind, cut small
1 lb. candied cherries, cut small
1 lb. candied pineapple, cut small
1½ lb. thinly sliced citron
2 cupfuls preserved strawberries
1 lb. chopped blanched almonds
1 cupful fruit juice
¼ teaspoonful soda dissolved in 1 tablespoonful hot water

Cream together until thoroughly blended the butter and brown sugar. Add the beaten egg-yolks and molasses and beat well. Fold

in stiffly beaten egg whites. Sift together the flour and spices. Reserve 1 cup. for dredging fruit. Add the remaining flour mixture to egg mixture. Mix the prepared fruits, except the citron, and dredge with the 1 cup. flour. Add strawberries, almonds and fruit juice to mixture and mix all together well. Last add soda dissolved in hot water. Have ready 5 or 6 large loaf pans greased and floured, or about 2 doz. individual pans. Place a layer of the batter in each pan, then a layer of citron, then another layer of batter, filling the pans about ¾ full. Over the top also place small pieces of citron. This may be either baked or steamed. For baking, place in a slow oven of 275° F. for 3 to 4 hrs., for the large ones, or for 2 hrs. at 325° F. for the small ones. Or cover the pans closely with wax paper and steam the large fruit cakes 2 hrs., then remove the paper and bake for 2 hrs. at 275° F., or 1 hr. of steaming and 1 hr. of baking at 325° F. should suffice for the smaller fruit cakes. When baked remove from the tins and allow to cool. This cake should be made several weeks before using. Makes about 15 lbs.

GINGERBREAD

¼ cupful butter or margarine
¼ cupful sugar
1 egg, beaten
½ cupful molasses
½ cupful sour milk
1¾ cupfuls flour
1 teaspoonful cloves
½ teaspoonful soda
2 teaspoonfuls cinnamon
1 teaspoonful ginger
¼ teaspoonful salt
½ teaspoonful baking powder

Cream butter and add sugar. Add beaten egg and molasses and beat together for 1 min. Sift together the dry ingredients and add alternately with sour milk. Pour into a greased and floured loaf pan and bake in a moderate oven of 350° F. for 40 min. Serve with Foamy Sauce (see p. 189).

Sponge Cakes

In all the recipes given below the amount of baking-powder indicated is correct when using either a tartrate or phosphate baking-powder. With an aluminum baking-powder use one-half the amount specified.

ANGEL FOOD CAKE

1 cupful egg whites (8 or 9)
¼ teaspoonful salt
1 teaspoonful cream of tartar
1½ cupfuls sugar
1 cupful pastry flour
½ teaspoonful flavoring

Sift sugar before measuring, then sift again three times. Sift flour before measuring, then sift again four times. Beat egg whites

and salt until frothy, add cream of tartar and beat until stiff but not dry. Gradually fold in sugar and flavoring. Last fold in pastry flour. Bake in an ungreased tube pan in a slow oven of 320° F. for 1 hr.

SPONGE CAKE

6 eggs, separated
1 cupful sugar
1 tablespoonful vinegar
½ teaspoonful flavoring
1 cupful pastry flour
¼ teaspoonful salt

Beat yolks until thick and lemon colored; add sugar gradually. Add vinegar and flavoring. Sift flour once before measuring, then sift flour four times with salt. Add to egg and sugar mixture. Fold in stiffly beaten egg-whites and bake in ungreased tube pan in slow oven of 320° F. for 1 hr.

BOILED SPONGE CAKE

1¼ cupfuls sugar
1 cupful water
6 egg whites
6 egg yolks
½ teaspoonful vanilla
1 teaspoonful cream of tartar
¼ teaspoonful salt
1 cupful pastry flour

Boil sugar and water together to 238° F. or soft-ball stage. Pour slowly over beaten whites and continue beating until cool. Add beaten yolks and vanilla. Fold in flour which has been sifted, measured and sifted four times with salt and cream of tartar. Bake in an ungreased tube pan in a slow oven of 320° F. for one hour.

FOUR EGG SPONGE CAKE

4 eggs, separated
1 cupful sugar
4 tablespoonfuls cold water
1 teaspoonful lemon extract
1 cupful pastry flour
1½ teaspoonfuls baking powder
1½ tablespoonfuls cornstarch
¼ teaspoonful salt

Beat egg-yolks until thick and lemon colored; add sugar gradually. Add cold water and mix thoroughly. Sift flour once before measuring, then sift four times with salt, baking powder and cornstarch. Add to egg and sugar mixture. Fold in stiffly beaten egg whites, and bake in an ungreased tube pan in a slow oven 320° F. for 1 hr.

HOT WATER SPONGE CAKE

2 eggs, separated
¾ cupful sugar
⅜ cupful hot water
1½ teaspoonfuls baking powder
⅞ cupful pastry flour
½ teaspoonful lemon extract
¼ teaspoonful salt

Make like Four Egg Sponge Cake, adding hot water when half of sugar has been beaten into egg yolks. Bake at 320° F. for 25 to 40 min., depending on shape of pan.

EGG YOLK SPONGE CAKE

6 egg yolks
1 cupful sugar
1½ cupfuls pastry flour
2 teaspoonfuls baking powder
½ cupful hot water
½ teaspoonful flavoring
¼ teaspoonful salt

Beat egg yolks until thick. Add sifted sugar and continue beating. Sift together flour, baking powder and salt, and add alternately with hot water, continue beating until thoroughly blended. Add flavoring. Pour in an ungreased tube pan and bake in a slow oven of 320° F. for 1 hr.

Coffee Sponge Cake—Use coffee instead of the water in the Four Egg Sponge Cake.

Caramel Sponge Cake—Make and bake like Boiled Sponge Cake, using brown sugar in place of the white, or caramelize ¼ cup. sugar, add water, boiling, and when smooth add rest of sugar and cook to 238° F.

Chocolate Sponge Cake—Add 2 sq. chocolate, melted, to Angel Food or Sponge Cake, omitting 1 tbsp. flour, or use ¼ cup. cocoa and reduce flour to ¾ cup.

Jelly-Roll—Bake Hot Water Sponge Cake in a sheet, lining pan with waxed paper. Turn out on towel, remove paper, trim off edges and spread with ½ cup. jelly. Roll and wrap in towel. Slice when cool.

ORANGE SPONGE CAKE

1 cupful sugar
5 tablespoonfuls water
6 eggs, separated
½ cupful orange juice
Grated rind of 1 orange
1 cupful pastry flour

Boil sugar and water together to 238° F. or soft-ball stage. Pour slowly over beaten egg whites and continue beating until cool. Add orange rind and juice and beaten egg yolks. Fold in flour which has been sifted, measured and sifted four times. Bake in an ungreased tube pan in a slow oven of 320° F. for 1 hr.

POTATO FLOUR SPONGE CAKE

4 eggs, separated
¾ cupful powdered sugar
5 tablespoonfuls potato flour
3 tablespoonfuls pastry flour
1 teaspoonful baking powder
⅛ teaspoonful salt
1 teaspoonful vanilla or
½ teaspoonful lemon

(If desired one egg white may be reserved and used in a boiled icing for frosting cake.)

Beat egg whites until stiff. Fold in powdered sugar. Beat yolks until thick and lemon colored and add flavoring, then fold yolks into whites. Sift some of the dry ingredients over egg mixture and fold in. Continue this process until all the dry ingredients are added. Bake in a shallow loaf pan or an ungreased tube pan in a slow oven of 320° F. for 40 min.

Cake Fillings and Icings

CREAM FILLING

3 tablespoonfuls flour
½ cupful sugar
⅛ teaspoonful salt
2 eggs, beaten
1½ cupfuls scalded milk
1 teaspoonful flavoring

Mix together dry ingredients and add to milk, stirring constantly and cook in top of double boiler until smooth and thick. Cook for 10 min. longer, stirring occasionally. Pour gradually over slightly beaten eggs. Return to double boiler and cook for 3 min. Cool before spreading between layers of cake. Makes enough for 2 layers of filling.

Chocolate Cream Filling—Add 2 sq. chocolate, melted, to Cream Filling before adding eggs.

Cocoanut Cream Filling—Add ½ to 1 cup. shredded cocoanut to Cream Filling when cooked.

Lemon Cream Filling—Add 1 tbsp. flour, two tbsp. lemon juice and grated rind of one half lemon to Cream Filling. Omit additional flavoring.

CHOCOLATE NUT FILLING

⅓ cupful butter
2 cupfuls confectioners sugar
2 cupfuls chopped walnut meats
1 square chocolate, melted
2 tablespoonfuls cold strong coffee (about)

Cream butter and add sugar while creaming. Add melted chocolate and coffee until of a consistency to spread easily. Add chopped walnuts and spread between layers of cake. Makes enough for 2 layers of filling.

UNCOOKED MOCHA FILLING

4 tablespoonfuls butter
2 cupfuls confectioners' sugar
½ square unsweetened chocolate
¼ teaspoonful vanilla
¼ cupful cold, strong coffee (about)

Cream butter until very soft. Then add the confectioners' sugar gradually, blending each addition of sugar thoroughly with the butter. Add melted chocolate, vanilla and strong coffee until mixture is of right consistency to spread. Spread between cake layers or on top of cake. Makes enough for 1 layer of filling.

ALL ROUND ICING

2½ cupfuls sugar
½ cupful light corn sirup
½ cupful water
2 egg whites
1½ teaspoonfuls vanilla

Combine sugar, corn sirup and water. Cook to 240°-242° F. or soft ball stage. Pour over stiffly beaten egg-whites while beating constantly. Add vanilla and beat until almost cold and stiff enough to hold its shape. Spread on cake. This icing may be kept in covered jar for a week. If necessary soften with boiling water. Makes enough to fill and frost a 3 layer cake generously.

FLUFFY ICING

1⅔ cupfuls sugar
½ cupful water
⅛ teaspoonful cream of tartar
½ cupful egg whites

Combine sugar, water, and cream of tartar and stir until smooth. Cook without stirring to 260° F. or the hard ball stage if day is clear. Cook to 270° F. if day is cloudy. If crystals appear on inside of pan, wipe down with damp cloth. When cooked pour over stiffly beaten whites. *Beat until mixture leaves the spoon almost clean or pulls away from sides of bowl.* Makes enough to fill and frost a 3 layer cake generously.

Chocolate Icing—To either All-Round Icing or Fluffy Icing add 3 sq. unsweetened choc. which have been melted over hot water. Add any time after sirup has been poured over egg whites.

Coffee Icing—Substitute ½ cup. strong coffee infusion for ½ cup. water in either All-Round Icing or Fluffy Icing.

Cocoanut Icing—Prepare All-Round Icing; add ½ to 1 cup. cocoanut as desired or sprinkle cocoanut over surface of cake after icing.

Maple Icing—Substitute ¾ cup. Maple Sirup for ½ cup. water in either All-Round Icing or Fluffy Icing.

CREOLE ICING

1⅔ cupfuls brown sugar
½ cupful water
½ cupful egg-whites
½ cupful finely chopped nut meats
⅛ teaspoonful cream of tartar

Combine water, sugar and cream of tartar and stir until smooth. Cook without stirring to 260° F. or the hard ball stage on a clear day; or to 270° F. on a cloudy day. If crystals appear on inside of pan, wipe down with damp cloth. When cooked pour slowly over stiffly beaten egg whites. *Beat until mixture leaves spoon almost clean or pulls away from side of bowl.* Add nuts and spread. This icing is very easy to work with. Makes enough to fill and frost a 3 layer cake generously.

SEVEN MINUTE ICING

2 egg whites
1½ cupfuls sugar
1 tablespoonful light corn sirup
5 tablespoonfuls water
½ teaspoonful vanilla

Combine unbeaten egg whites, sugar, corn sirup and water in top of double boiler. Beat constantly with egg-beater over boiling water until icing is fluffy and holds its shape, about 7 min. Remove icing from hot water and add vanilla. Mix well, and spread on cake at once. This icing is desirable when the cake is to be served immediately, but it does not keep well. Makes enough to fill and frost 1 cake.

MINUTE FUDGE ICING

½ cupful cocoa
¼ cupful butter
¼ cupful milk
1 cupful sugar
Pinch of salt

Combine ingredients and boil for 1 min. Remove from fire and beat immediately until creamy enough to spread. Makes enough to top 1 cake.

FUDGE ICING

2 squares unsweetened chocolate
2 cupfuls sugar
⅔ cupful milk
2 tablespoonfuls light corn sirup
2 tablespoonfuls butter
1 teaspoonful vanilla

Cut chocolate in small pieces. Combine with sugar, milk and corn sirup, and cook slowly, stirring often, to 238° F. or soft ball stage. Then remove from heat, cool until lukewarm or 110° F. Add butter and vanilla and beat until creamy and thick enough to just hold its shape when dropped from spoon. Spread on cake quickly. Makes enough to fill and frost 1 cake.

PLAIN UNCOOKED ICING

1½ cupfuls confectioners' sugar
About 3 tablespoonfuls water or milk
Few drops flavoring

Sift confectioners' sugar into bowl. Add water or milk very gradually until just thick enough to spread easily. Add flavoring and vegetable coloring, if desired. Makes enough to top 1 cake.

SOFT ICING

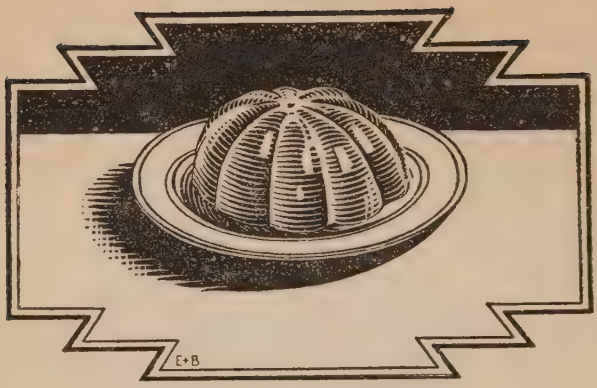
2 egg whites
1 cupful confectioners' sugar
½ teaspoonful flavoring extract

Beat egg whites until stiff. Add confectioners' sugar gradually, continuing to beat with the egg beater until light and fluffy. Add extract. This icing remains soft and is easy to spread. Makes enough to top 1 cake.

BUTTER ICING

4 tablespoonfuls butter
2 cupfuls confectioners' sugar
½ teaspoonful milk
¼ teaspoonful vanilla

Cream the butter until soft. Add confectioners' sugar gradually. When mixture begins to get stiff, add milk, drop by drop. Add the vanilla. Spread on cake. Makes enough to top 1 cake.



A Variety of Desserts

Cornstarch Desserts You Will Like

VANILLA CORNSTARCH PUDDING

3 cupfuls milk	¼ teaspoonful salt
4½ tablespoonfuls cornstarch	1 egg
4 tablespoonfuls sugar	½ teaspoonful vanilla

(1 tsp. cornstarch may be substituted for the egg if desired)

Mix the cornstarch, salt, 2 tbsp. sugar, and ½ cup. cold milk. Meanwhile scald the rest of the milk in the top of a double-boiler. Pour a little of the scalded milk on the cornstarch mixture, and blend. Add this to the remaining scalded milk and stir constantly until the pudding coats the spoon. Remove the spoon, cover the double-boiler and cook for 25 min., stirring occasionally. Beat the egg slightly, add the remaining sugar and pour the pudding over the egg mixture gradually, stirring constantly. (*Never add the egg to the hot mixture.*) Combine thoroughly and return to the double-boiler to cook 1 min. longer. Add the vanilla, beat up well, and pour into cold, wet molds or sherbet glasses. Chill thoroughly. Serve with cream, chocolate or caramel sauce, berries, or fresh diced fruit. Finely chopped stoned dates, raisins, nut meats or cocoanut may be added just before chilling, if desired. Serves 6.

Brown or Maple Sugar Pudding—Use either brown or maple sugar in place of white in Vanilla Cornstarch Pudding.

Caramel Cornstarch Pudding—Add 6 tbsp. of Caramel Sirup (see p. 188) to scalded milk in Vanilla Cornstarch Pudding.

Chocolate Cornstarch Pudding—Add 2 sq. melted chocolate or ¼ cup. cocoa to the cornstarch and sugar before adding the hot milk in Vanilla Cornstarch Pudding.

Coffee Cornstarch Pudding—Add 4 tbsp. ground coffee to the milk while scalding in Vanilla Cornstarch Pudding. Strain.

Fruit Cornstarch Pudding—Use ½ milk and ½ fruit juice, or all fruit juice in Vanilla Cornstarch Pudding. Add sugar to taste. Garnish with fruit.

Custards and Bread Puddings Well-Made

BAKED CUSTARD

4–6 eggs
¼–½ cupful sugar
½ teaspoonful salt
1 qt. scalded milk
½–1 teaspoonful vanilla

For individual custards use 4 eggs, for a large custard use 6. Beat the eggs slightly, add the sugar and salt, and mix well. Add the scalded milk and stir well. Flavor with vanilla and a sprinkle of nutmeg if you wish. Mix thoroughly. Grease the custard cups or baking dish and pour in the custard mixture. Place in a shallow pan containing warm water and bake in a slow oven of 325° F. 40 min. for individual custards or 75 min. for a large custard. Test by inserting a silver knife which has been dipped in water into the custard. If it comes out clean the custard is done. Makes 6 individual or one large custard.

Baked Apricot Custard—Prepare as for plain Baked Custard, using 5 eggs and ½ cup. of sugar. Substitute 2 cups. of unsweetened apricot pulp for 2 cups. of milk and add more sugar if necessary. If canned pulp is used, omit the sugar.

Baked Caramel Custard—Follow recipe for Baked Custard. Stir the sugar in a pan over a low heat until it is a golden brown sirup. Put 1 tbsp. in each cup, pour in the slightly sweetened or unsweetened custard mixture, and bake like plain custard.

Baked Chocolate Custard—Melt 2 sq. of cooking chocolate, mix with ½ cup. of the milk scalded, or mix ⅔ cup. of cocoa with the sugar and ⅓ cup. of water and boil 1 min. Proceed as for Baked Custard, adding the chocolate mixture to the beaten eggs and sugar.

Baked Cocoanut Custard—Add ½ to 1 cup. grated cocoanut to plain Baked Custard or any of the variations.

Baked Coffee Custard—Substitute 1 to 2 cups. strong, black coffee for an equal amount of milk, or scald the milk with 3 to 4 tbsp. ground coffee and strain. Proceed as for Baked Custard.

Baked Marshmallow Custard—Put a marshmallow in the bottom of each custard cup. Proceed as for Baked Custard.

Custard Bread Pudding—A bread pudding correctly made is really a baked custard and is neither stiff nor soggy.

1 quart milk, scalded
1½–2 cupfuls bread cubes or crumbs
1 teaspoonful vanilla or ¼ teaspoonful nutmeg
⅓ cupful sugar
½ teaspoonful salt
¼ cupful melted butter
2 eggs

Add the bread crumbs or cubes to the scalded milk, and let soak 15 min. Beat the eggs slightly. Add the sugar and salt to the eggs and mix thoroughly. Add milk and bread crumbs and lastly the melted butter. Flavor with vanilla or nutmeg. Pour into a greased baking dish, set in a pan which contains a little warm water, and bake in a slow oven of 350° F. for 75 min. Test with a silver knife, as for custards. Serves 6.

Chocolate Raisin Bread Pudding—Melt 2 sq. of cooking chocolate and add to the egg and sugar mixture in Custard Bread Pudding. Add part of the scalded milk and bread cubes, blend thoroughly, and add the rest of the bread and milk. Add ½ cup. of seeded raisins and the melted butter. Bake like Custard Bread Pudding.

Frozen Desserts

1. Ice-cream mixtures should be pre-cooled before putting in the freezer. This cuts down the freezing period and makes a better product.
2. Never fill the can more than ⅔ full of the mixture to be frozen.
3. Use only coarse freezing salt for freezing ices and ice-creams, never table salt.
4. The ice should be crushed evenly.
5. Use 8 measures ice to 1 part salt, measuring very carefully.
6. Fill the freezer ⅔ full of ice before adding salt. Then add salt and ice in alternate layers.
7. Turn very slowly until the mixture begins to pull slightly or turn hard, then increase the speed to whip the mixture.

8. Ice-cream may be frozen until firm enough to serve, but it is better if frozen to a soft consistency, then packed and ripened.
9. If the ripening time is short, use 4 parts ice to 1 part salt for packing. If longer, use the 8–1 mixture.

Ice Cream

AMERICAN ICE CREAM

1 quart milk	3 tablespoonfuls milk
¾ cupful sugar	2 teaspoonfuls vanilla
3 tablespoonfuls flour	1 egg
¼ teaspoonful salt	1 cupful cream

Scald the milk in the top of the double-boiler. Meanwhile mix ½ cup. of sugar, the flour and salt and moisten with the 3 tbsp. milk. Add the scalded milk to this mixture gradually while stirring constantly. Return to the double-boiler and cook 20 min., stirring often. Remove from the heat, and pour slowly over the beaten egg which has been mixed with ¼ cup. sugar. Set aside to cool and when thoroughly cold, add the cream and vanilla. Freeze in 8 parts ice to 1 part salt. This recipe makes about 2 qts.

PHILADELPHIA ICE CREAM

3 pints thin cream	2 tablespoonfuls vanilla
1 cupful sugar	Few grains salt

Scald the cream in a double-boiler and add sugar and salt. Cool and add the vanilla. Freeze, using the proportion of 8 parts ice to 1 part salt. If desired the ingredients may be mixed and frozen without scalding the cream. However, when scalded and chilled a smoother, better product is obtained. This recipe makes about 2 qts.

Banana Ice Cream—Peel and slice thin, 4 well ripened bananas. Put through a coarse sieve, add 2 tbsp. of lemon juice and add this mixture to the American or Philadelphia Ice Cream mixture just before freezing. The amount of sugar needed depends on the sweetness of the fruit.

Caramel Ice Cream—Caramelize the sugar indicated in the recipe for American or Philadelphia Ice Cream by putting it in a sauce pan and melting it over the fire. Stir constantly until the sugar is melted and is the color of maple sirup. Add ¼ cup. boiling water and stir until thoroughly blended. Then proceed with the recipe for American or Philadelphia Ice Cream. Nuts may be added.

Chocolate Ice Cream—Melt 2 to 4 sq. of unsweetened chocolate over hot water. Add ⅛ to ¼ cupful hot water and stir until smooth. Add to American or Philadelphia Ice Cream.

Chocolate Chip Ice Cream—Add 1 cup. chipped cooking chocolate to the recipe for American or Philadelphia Ice Cream.

Coffee Ice Cream—Scald ½ cup. of freshly and finely ground coffee, with the milk in the American or with the cream in the Philadelphia Ice Cream recipe. Strain through several layers of cheese-cloth. Then proceed with the recipe for American or Philadelphia Ice Cream.

Peach Ice Cream—Peel and slice thin 2 cups. of soft, well-ripened peaches. Mash and put through a potato ricer or coarse sieve. Add 1 cup. of sugar and let stand 1 hr. Add to either the American or Philadelphia Ice Cream mixture just before freezing. The amount of additional sugar needed depends on the sweetness of the fruit. Canned peaches may be substituted for the fresh peaches. Less sugar is needed and 4 tbsp. of lemon juice should be added.

Peppermint Ice Cream—Crush 1 lb. of red and white striped peppermint candy and add to the scalded milk or cream in either the American or Philadelphia Ice Cream, omitting the sugar. Proceed as with the foundation recipe used.

Raspberry Ice Cream—Wash 1 qt. of either red or black raspberries. Mash and put through a coarse sieve. Add 1 cup sugar and let stand for 1 hr. Add to either American or Philadelphia Ice Cream just before freezing. The amount of additional sugar needed depends on the sweetness of the fruit.

Strawberry Ice Cream—Wash and hull 1 to 2 qts. of well-ripened strawberries. Mash and put through a coarse sieve. Add 1 cup sugar and let stand for 1 hr. Add to either the American or Philadelphia Ice Cream mixture just before freezing. The amount of additional sugar needed depends on the sweetness of the fruit.

GOLDEN GLOW ICE CREAM

2 quarts milk — 2 cupfuls sugar
1 tablespoonful flour — 1 cupful hot water
1 quart can apricots — 2 oranges
1 cupful grated pineapple

Boil the sugar and water together 5 min. Add the grated pineapple, apricots cut fine with juice, and juice and pulp of the oranges. Scald the milk, add the flour moistened with 2 tbsp. milk, and cook 2 min. Blend the milk and fruit mixture, cool, and freeze, using 8 parts of ice to 1 part of salt. This recipe makes 1 gallon.

MAPLE NUT ICE CREAM

1 cupful maple sirup
⅓ cupful sugar
2½ cupfuls milk
1 cupful finely chopped nut-meats
1½ cupfuls heavy cream
3 eggs, well-beaten

Mix thoroughly, and freeze with 8 parts ice to 1 part salt. This recipe makes about 2 qts.

ORANGE AND BANANA ICE CREAM

½ cupful banana pulp
1½ cupfuls orange juice
½ cupful sugar
2 cupfuls cream

Combine the banana pulp, orange juice, sugar and cream. Blend well and freeze, using 8 parts ice to 1 part salt. This recipe makes about 3 pts.

Ices and Sherbets

APRICOT ICE

1 cupful sugar
½ cupful clear white corn sirup
2 cupfuls water
4 tablespoonfuls lemon juice
2 cupfuls apricot pulp and juice

Cook the sugar, corn sirup and 1 cup. water to 240° F. Remove from the fire and add the lemon juice, 1 cup. cold water and the canned or cooked apricots which have been put through a coarse sieve. Cool and freeze, using 8 parts ice to 1 part salt. This recipe makes about 2 qts.

APRICOT AND GRAPEFRUIT SHERBET

1½ cupfuls sugar
1 cupful water
1½ cupfuls grapefruit juice
Maraschino cherries
½ tablespoonful lemon juice
1 egg white
1 cupful sieved cooked apricots
2 tablespoonfuls sugar

Combine the 1½ cups. sugar, and the water and boil 5 min. Cool thoroughly. Combine the grapefruit juice, sieved apricots and lemon juice and add to the cooled sirup. Pour into the freezer and freeze, using 8 parts ice to 1 part salt. When the sherbet is of the consistency of a soft mush, open the freezer and fold into the sherbet the egg-white which has been beaten until very stiff with the 2 tbsp. of sugar. Re-cover the freezer and continue freezing until the sherbet is stiff enough to serve. Serve garnished with maraschino cherries cut in small pieces. This recipe makes about 2 qts.

CIDER ICE

1 cupful sugar
1 cupful water
3 tablespoonfuls lemon juice
1 quart cider

Cook the sugar, lemon juice and water to 240° F. Chill, add the cider and freeze, using 8 parts ice to 1 part salt. This recipe makes about 2 qts.

CRANBERRY MILK SHERBET

2 cupfuls cranberries
2 cupfuls sugar
2 cupfuls milk
1 cupful cream
3 tablespoonfuls lemon juice

Wash and cook the cranberries in water to cover until tender. Force through a potato ricer, and then add the sugar. Cook until the sugar is dissolved; then chill well. Add the lemon juice, milk and cream and pour into the freezer. Freeze, using 8 parts ice to 1 part salt. This recipe makes about 2 qts.

GINGER ICE

½ cupful clear white corn sirup
1 cupful water
1 cupful sugar
1½ cupfuls orange juice
⅔ cupful lemon juice
⅔ cupful preserved ginger and sirup

Cook the sugar, corn sirup and 1 cup. water to 240° F. Remove from the fire; add the orange and lemon juice and the ginger sirup. Chop the ginger into fine bits and add to the sirup mixture. Cool and freeze, using 8 parts ice to 1 part salt. This recipe makes about 2 qts.

LOGANBERRY ICE

1½ cupfuls sugar
2½ cupfuls water
1 cupful loganberry juice
4 tablespoonfuls lemon juice
9 tablespoonfuls commercial pectin

Cook the sugar and 1 cup. of water to 230° F. Add the pectin and cook for 1 min. longer. Remove from the fire and add the loganberry and lemon juice and 1½ cups. cold water. Cool and freeze, using 8 parts ice to 1 part salt. This recipe makes about 2 qts.

ORANGE ICE

1½ cupfuls sugar
¾ cupful clear white corn sirup
6 tablespoonfuls lemon juice
3 cupfuls orange juice
1¾ cupfuls water

Cook the sugar, 1 cup of water and corn sirup together to 240° F. Remove from the fire and add the lemon juice, orange juice and ¾ cup. cold water. Chill, pour into the freezer and freeze, using 8 parts ice to 1 part salt. This recipe makes about 2 qts.

PEACH CREAM SHERBET

3 cupfuls mashed, fresh peaches — 1½ cupfuls sugar — 2 cupfuls cream — Maraschino cherries

Pare, stone and put the peaches through a potato ricer. Measure 3 cups. and cover with the sugar. Let stand for 3 hrs., then add the cream. Freeze, using 8 parts ice to 1 part salt. Garnish when serving with maraschino cherries. In using canned peaches in this recipe, the amount of sugar should be reduced to 1 cup. This recipe makes about 2 qts.

Molding Ice Cream Mixtures—

1. Have mold very cold.
2. Pack quickly with the frozen mixture, using a knife and spoon to press it down. Fill so full that mixture will be forced down sides of mold when cover is put on.
3. Smooth top of frozen mixture and cover with piece of greased wax paper with greased side up.
4. Adjust cover and seal with a 2 in. wide strip of cotton dipped in melted fat, wound tightly around.
5. Bury mold in mixture of 3 parts ice to 1 part salt. Let stand 2 to 3 hrs.
6. 2 or more kinds of frozen mixtures may be arranged in layers in the mold, or 1 kind used as a lining, the other filling the center, thus making a "Bombe."

BISQUE MOUSSE

½ pound peanut brittle — 1 pint cream

Put the peanut brittle through the food chopper. Whip the cream and combine with the peanut brittle. Pour into a mold as previously directed and freeze in two parts ice to 1 part salt for 4 hrs. Serves 6.

BOMBE GLACÉE

Line a mold with frozen sherbet or water ice. Then fill the center with frozen ice cream of the desired flavor. Cover as previously directed and freeze in 2 parts ice to 1 part salt for 2 hrs.

VANILLA MOUSSE

1¼ tablespoonfuls granulated gelatine
4 tablespoonfuls water
1 cupful sugar
1 quart cream, whipped
1 teaspoonful vanilla

Put the granulated gelatine in a bowl with the water and soak for 5 min. Set the bowl in hot water and stir the gelatine until it is dissolved. Then add the sugar and vanilla and fold in the whipped cream. Pack in a mold as directed on p. 169 and freeze for 4 hrs. This recipe makes about 2 qts.

Maple Mousse—Proceed as in Vanilla Mousse, substituting 1 cup. of maple sirup for the sugar.

Peach Mousse—Prepare 2 cups. of crushed fresh peaches. Proceed as in Vanilla Mousse, covering the peaches with the sugar and allowing to stand 1 hr. before using.

GOLDEN PARFAIT

1 cupful sugar
½ cupful water
2 cupfuls cream, whipped
1 tablespoonful vanilla
6 egg yolks

Boil the sugar and water to 238° F. Pour slowly on beaten egg-yolks. Cook in the top of a double-boiler until the mixture thickens. Cool and then fold in the cream which has been beaten stiff. Add the vanilla and pour into a mold as directed on p. 169. Freeze in 2 parts ice to 1 part salt for 4 hrs. This recipe serves about 8.

White Parfait—Boil 1 cup sugar and 1 cup water to 238° F. Pour on 3 egg whites, beaten frothy, and beat until cold. Add two cups cream, whipped, and 1 tbsp. vanilla. Pour into mold and freeze as for Golden Parfait.

Chocolate Parfait—Add 2 sq. melted and cooled chocolate to the whipped cream and vanilla in either White or Golden Parfait.

Frozen Desserts in Refrigerating Units

Any of the recipes for molded ice creams, mousses, or parfaits *because they do not require stirring during the freezing process*, as well as the selected recipes which follow, may be frozen in refrigerating units. Some refrigerating units are provided with a control which gives a lower temperature than that ordinarily used. Without a control like this it will take 5 to 7 hrs. to freeze desserts.

VANILLA ICE CREAM

2 cupfuls scalded milk
1 cupful sugar
2 tablespoonfuls flour
1 teaspoonful gelatine
1 tablespoonful cold water
1½ pints heavy cream
2 egg-yolks

Scald the milk in the double boiler and add the sugar and flour which have been thoroughly mixed. Cook for 15–20 min. Pour over the beaten egg-yolks, return to the fire and cook for 2 min. or until the mixture coats the spoon. Add to this while hot the gelatine, which has soaked for 5 min. in 1 tbsp. cold water, and chill the mixture. Whip the cream until stiff and fold into the cooked mixture. Add 2 tsp. vanilla and ⅛ tsp. salt. Pour into the tray of the refrigerator and freeze, stirring every 30 min. until the mixture will hold its shape. This recipe serves 6 to 8.

Chocolate Ice Cream—Melt 3 sq. chocolate, add ¼ cup. hot water slowly and stir until smooth. Add to the Vanilla Ice Cream mixture.

GINGER ICE CREAM

⅓ cupful Canton preserved ginger
⅓ cupful water
½ teaspoonful granulated gelatine
⅓ cupful sugar
Yolks 3 eggs
1 tablespoonful cold water
1 pint heavy cream

Cook together the ginger, sugar and water to 230° F. Pour this mixture over the beaten egg-yolks and cook in a double-boiler until thick. Add to this mixture while hot, the gelatine which has soaked for 5 min. in 1 tbsp. cold water. Cool and fold into the cream, which has been whipped until stiff. Pour into the refrigerator tray and freeze without stirring. This recipe serves 6 to 8.

ORANGE FLUFF

¾ cupful sugar
Grated rind 2 oranges
½ teaspoonful gelatine
1 cupful orange juice
1 tablespoonful cold water
2 cupfuls heavy cream
⅔ cupful water

Cook together the sugar and water to 238° F. Remove from the fire and add the grated orange rind, ¼ cup. orange juice and gelatine, the latter having been soaked for 5 min. in 1 tbsp. cold water. Cover and keep warm for ½ hr. and then cool by putting the pan in a bowl of ice water. Whip the cream until stiff and add the orange sirup slowly. Put into the bottom of the refrigerator tray, or a mold, ¾ cup. orange juice. Pour on top of it the cream mixture and freeze without stirring. This recipe serves 6 to 8.

Fruit Desserts

For methods of preparing fruit see p. 31.

APPLE PORCUPINE

1½ cupfuls sugar
6 medium sized apples
1 tablespoonful fat
½ teaspoonful cinnamon
Blanched almonds
Cream
2½ cupfuls water

Cook the sugar and water together for 3 min. Pare and core the apples and cook them in the sirup until tender, but not broken, turning them frequently. Then drain them and place in a baking-dish. To the sirup add the fat and cinnamon and continue to cook until quite thick. Fill the cores of the apples and the surrounding space with the sirup and stick the apples with the blanched almonds lengthwise. Place in a 450° F. oven just long enough to brown the nut tips. Cool and serve with plain or whipped cream. Serves 6.

BAKED APPLES GLACÉ

6 firm red apples
1½ cupfuls water
1 cupful sugar
3 tablespoonfuls sugar

Core and peel the apples about ⅓ of the way down from the stem end. Place in a deep dripping pan or casserole, with a closely fitted cover. Boil 1 cup. sugar and water together for 6 min. Pour this sirup over the apples, cover tightly and place in a hot oven of 400° F. Baste occasionally until quite tender, but still whole. Remove cover and place 1 tsp. sugar in the cavity of each apple, sprinkling sugar over the peeled surface also. Place pan under broiler heat or in a very hot oven until the sugar has melted, and the peeled section is a delicate brown. Baste once or twice during this process. Serve with plain or whipped cream. Serves 6.

BANANAS BAKED WITH CRANBERRY SAUCE

3 peeled bananas
2 cupfuls cranberry sauce

Cut the bananas in halves lengthwise, and arrange in a greased baking dish. Pour the hot cranberry sauce over them and bake in a slow oven of 375° F. for 25 min. Serve hot. Serves 6.

SHREDDED DATES

Dates
Milk
Candied ginger
Whipped cream

Fill individual glass dishes with dates that have been stoned and shredded, mixing in a few bits of candied ginger. Pour into the

dishes enough sweet milk to almost cover the dates and set in the refrigerator to chill for an hour or two. Before serving put a little freshly whipped cream on top of each dish. This is an excellent nursery dessert.

PEACH DELIGHT

6 slices sponge cake
8 large peaches, sliced
Powdered sugar
Sunshine Sauce

Sprinkle the thinly sliced peaches with powdered sugar and heap them on the sponge cake. Top with Sunshine Sauce (see p. 190). Serves 6.

PEAR AND RAISIN CHARLOTTE

1 cupful seedless raisins
1 tablespoonful granulated gelatine
5 tablespoonfuls orange juice
1 cupful cream, whipped
1 cupful diced fresh or canned pears
½ teaspoonful vanilla
Speck of salt
2 egg whites
½ cupful sugar

Cover raisins with cold water, bring to a boil, drain and cool. Soften the gelatine in 2 tbsp. of the orange juice, set over boiling water and stir until the gelatine is dissolved. Add gradually the rest of the orange juice, whipped cream, diced pears, raisins, vanilla, salt and the egg whites which have been beaten stiff with the sugar. Heap into sherbet glasses and serve when thoroughly chilled. Serves 6.

EPICUREAN RASPBERRIES

Raspberries
Cantaloupe
Powdered sugar

Pick over and wash firm raspberries and chill well. Prepare halves of cantaloupe and chill. Arrange raspberries in cantaloupes and serve with powdered sugar for breakfast or dessert.

RHUBARB AND BANANAS

4 cupfuls sweetened rhubarb sauce
2 large peeled bananas
⅓ cupful sugar

Slice the bananas thinly in a serving-dish. Sprinkle them with the sugar. Pour the hot sweetened rhubarb sauce over the bananas. Set aside to cool. Serve cold. Serves 6.

Making Gelatine Desserts with Unflavored Granulated Gelatine

1. Use the correct proportion of gelatine to liquid to insure a tender texture.
2. Soak the gelatine in cold water until soft.
3. Dissolve well in hot liquid.
4. Add fruit juices, if used.
5. If beaten egg-whites or whipped cream are used, beat them in very evenly.
6. If sliced or chopped fruits are used let the mixture thicken slightly, then stir in the fruit.
7. Dip all molds in cold water before pouring in the jelly.
8. Chill in a refrigerator until firm.

PLAIN GELATINE

2 tablespoonfuls granulated gelatine
1 cupful sugar
½ cupful cold water
3 cupfuls boiling liquid (water, fruit juices, or coffee)

Soak gelatine in cold water for 5 min. Pour boiling liquid on and stir until gelatine is dissolved. Add the rest of the liquid, together with the sugar. Stir until sugar dissolves. Pour into cold wet mold. Chill until set. Serves 6. Following recipes differ only in kinds and amounts of boiling liquid used; other ingredients are same as above.

Lemon Jelly—2½ cups. boiling water, ½ cup. lemon juice.

Orange Jelly—2 cups. boiling water, 1 cup. orange juice, 2 tbsp. lemon juice.

Coffee Jelly—3 cups. hot clear strong coffee. 1 tbsp. lemon juice, ¾ to 1 cup. sugar, to taste.

Fruit Jelly—Make lemon or orange jelly and add 1 cup. prepared fresh fruit or canned fruit, as directed above.

Making Prepared Flavored Gelatine Desserts

In making desserts with prepared flavored gelatines use this quick method: Put the gelatine in a bowl, add 1 cup. of boiling water and stir until dissolved. Add 1 cup. of ice water or chopped ice (be sure ice is stirred until dissolved) and set in the refrigerator until firm. When canned fruit is to be added use the chilled fruit juice in place of the water.

GELATINE SPONGE

To whip gelatine for sponge or snow use an egg-beater and a deep dish. When the prepared mixture is cold, and about the consistency of honey, place the dish in a pan of ice water and whip to the consistency of whipped cream, then mold.

SNOW PUDDING

Make ½ the recipe for lemon, orange, or coffee jelly. When chilled and ready, as directed above, whip until frothy. Add 2 stiffly beaten egg whites and continue beating until stiff enough to hold its shape. Mold and serve with Custard Sauce (see p. 188). Serves 6.

Gelatine Creams—In making gelatine creams such as Spanish or Bavarian Cream, a custard mixture is prepared, and the softened gelatine is added just before cooking the custard. It is then well dissolved as the custard cooks. When the mixture is cooled, beaten egg whites and whipped cream are evenly beaten in, and the mixture is poured into a cold wet mold to set.

SPANISH CREAM

1 tablespoonful granulated gelatine
3 cupfuls milk
½ cupful sugar
2 egg yolks
3 egg whites
⅛ teaspoonful salt
1 teaspoonful vanilla

Scald milk with gelatine in double-boiler. When the gelatine is dissolved add the sugar and pour slowly over the beaten egg yolks, stirring constantly. Return to the double-boiler, cook until thickened, stirring. Remove, add salt and vanilla and fold in the egg whites beaten stiff. Pour into a cold wet mold and chill. Serves 6.

BAVARIAN CREAM

1½ tablespoonfuls granulated gelatine
½ cupful cold water
2 egg yolks
¾ cupful sugar
1½ cupfuls scalded milk
⅛ teaspoonful salt
1 teaspoonful vanilla
2 egg whites
1 cupful cream, whipped

Soak gelatine in cold water 5 min. Add sugar and scalded milk to the well-beaten egg-yolks. Return to double boiler, add gelatine and salt, cook until thickened. Remove and cool. Fold in beaten egg whites, whipped cream and vanilla. Pour into a cold wet mold and chill. Serves 6.

Coffee Bavarian Cream—Substitute ½ cup. strong coffee for ½ cup. milk in the recipe for Bavarian Cream on p. 175.

Fruit Bavarian Cream—Use recipe for Bavarian Cream on p. 175, substituting 1 cupful fruit juice and pulp for 1 cupful milk.

COFFEE SOUFFLÉ

1½ cupfuls coffee infusion
½ cupful milk
⅜ cupful sugar
1 tablespoonful granulated gelatine
¼ teaspoonful salt
3 eggs, separated
½ teaspoonful vanilla

Mix the coffee infusion (beverage) and milk with half the sugar and the gelatine and heat in a double-boiler. Pour on the slightly beaten egg-yolks, rest of sugar, salt, return to the double-boiler and cook until mixture thickens, stirring constantly. Remove from heat, fold in stiffly beaten egg whites and vanilla. Pour into cold wet molds and chill. Serve with cream. Serves 6. If desired, ½ cup. cream, whipped, may be folded in just after the egg-whites.

Pies and Pastry

GENERAL RULES FOR PASTRY

1. The flour used should be a fine, soft, starchy flour.
2. Any good shortening may be used.
3. Ingredients and utensils must be cold.
4. Handle pastry as little and as lightly as possible.
5. Chill pastry when possible before shaping into pies.

In all the recipes given below the amount of baking-powder indicated is correct when using either a tartrate or phosphate baking-powder. With an aluminum baking-powder use one-half the amount specified.

PLAIN PASTRY

1. Sift together 1½ cups. pastry flour, ½ tsp. baking-powder and ⅛ tsp. salt.
2. Cut into the flour ½ cup. shortening. Use 2 knives or a pastry-blender and work until the whole resembles a coarse meal.
3. Gradually add cold water to make a stiff dough. Chill pastry for 1 hr. if possible.

4. Turn on to a slightly floured molding surface and pat the pastry into a long narrow sheet ¼ in. thick.
5. Roll up like a jelly roll and cut off as needed.

DOUBLE CRUST PIES

1. Cut off enough pastry for the under crust. Roll to about ⅛ in. in thickness and a little larger than the pie plate.
2. Fold the sheet of pastry in half and place on pie plate. Then unfold pastry.
3. Press lightly to fit pie plate and trim edges.
4. Fill lined plate with thinly sliced fruits as apples, rhubarb or peaches; fresh or canned berries as gooseberries, blueberries, cherries, etc. Sprinkle with sugar to sweeten. Watery fruits as cherries, blueberries and rhubarb should have about 2 tbsp. flour sprinkled over the surface before putting top crust on.
5. Roll out top crust ⅛ in. in thickness and 1 in. larger than plate.
6. Fold in half, make 3 slits ½ in. in length on center edge of folded side.
7. Moisten edge of lower crust with a little water and place upper crust in position and trim, leaving 1 in. on all sides.
8. Carefully fold and press down upper crust under lower crust all around the edge. Finish by making marks with tines of fork.
9. Bake in a hot oven of 450° F. for 40 minutes reducing heat slightly during the last 10 min.

APPLE PIE

5 tart apples
⅔ cupful sugar
¼ teaspoonful grated nutmeg
⅛ teaspoonful salt
1 teaspoonful lemon juice
1 teaspoonful grated lemon rind
1½ teaspoonfuls butter

Line a pie plate with pastry. Pare, core and cut apples into eighths. Arrange a row around the plate ½ in. from edge and work toward center until plate is covered. Pile rest of apples in center of plate. Combine sugar, nutmeg, salt, lemon juice, and rind, and sprinkle over pie. Dot with butter and cover with upper crust. Bake as directed. (See Double Crust Pies, p. 177). Makes a 9-in. pie.

CRANBERRY PIE

3 tablespoonfuls cornstarch
¼ teaspoonful salt
1½ cupfuls sugar
¼ teaspoonful nutmeg
1½ cupfuls cranberries
1 cupful water
1½ tablespoonfuls butter

Combine cornstarch, salt, sugar and nutmeg. Add cranberries chopped fine and 1 cup. water. Pour into a pastry-lined pie plate, dot with butter, cover with top crust and bake as directed. (See Double Crust Pies, p. 177). Makes one 9-in. pie.

MINCEMEAT AND MINCE PIE

2 cupfuls finely chopped lean beef
4 cupfuls finely chopped tart apples
2 cupfuls chopped seeded raisins
2 cupfuls currants
1 cupful finely chopped citron
1 cupful suet chopped, or other fat
2 cupfuls sugar
1 cupful strong coffee infusion or cider
1 tablespoonful ground cloves
1 tablespoonful cinnamon
1 tablespoonful nutmeg
1 cupful meat stock
2 teaspoonfuls salt

Purchase lean meat and boil until tender, cool in the liquor, then put through chopper. Mix materials together in order named. Simmer slowly for about 1 hr., bottle hot, and seal. This makes about 5 pts. When making pie, line a deep plate with crust, fill with mince meat, using 1 qt. and then put over top 1 tbsp. cream, 1 tbsp. sugar, a few whole seeded raisins, and 2 tsp. butter in bits. Put on top crust and bake. (See Double Crust Pies, p. 177). Makes one 9-in. pie.

RAISIN PIE

Grated rind and juice of 2 lemons
Grated rind and juice of 1 orange
1 cupful light brown sugar
2 cupfuls seeded raisins
1¼ cupfuls water
1 scant cupful walnut-meats, coarsely chopped
3 tablespoonfuls cornstarch
Pastry

Cook together all ingredients except corn-starch. When it comes to a boil, thicken mixture with corn-starch mixed with 1 tbsp. cold water. Use as a filling for a double crust pie and bake. (See Double Crust Pies, p. 177). Makes one 9-in. pie.

ONE CRUST PIES

1. Roll out pastry, fold, and line pie plate as for double crust pie, leaving 1 in. over edge. Do not stretch pastry.
2. Fold back the edge of pastry all the way around and bring double fold to upright position.
3. Flute the double fold of pastry in the following manner: Place the index finger of the left hand against the fold on the inside so that it is between the tips of the thumb and index finger of the right hand, which are placed on the outside of the fold. Press firmly close to the pie plate with the thumb and index finger of the right hand. Remove the fingers. Continue fluting around entire rim of pie. Pour in uncooked filling and bake in hot oven of 450° F. for 10 min. then in a slow oven of 320° F. for 30 min.

BUTTERSCOTCH PIE

6 tablespoonfuls butter
2½ cupfuls scalded milk
3 tablespoonfuls corn-starch
1½ cupfuls brown sugar
2 eggs, separated
¼ teaspoonful vanilla
Pastry

Melt the butter and brown sugar together, and cook until a rich brown. Then add the scalded milk and let heat until the sugar is dissolved. Beat the egg-yolks slightly, add the cornstarch and pour the milk mixture over it gradually, stirring constantly. Add vanilla, pour into the pastry lined pie plate and bake as in One Crust Pies above. Cover with a meringue using the egg whites. (See Meringue below). Makes one 9-in. pie.

MERINGUE

Beat chilled egg whites to a stiff, dry froth. Allow 2 tbsp. sugar for each egg. Add sugar, 1 tbsp. at a time, beating egg whites constantly until meringue is stiff, but glossy and creamy in consistency. Flavor, allowing ¼ tsp. of vanilla to 2 egg-whites. Arrange on pie or pudding and bake in a slow oven of 300° F. for 15 min.

CHOCOLATE PIE

1½ squares chocolate
1⅔ cupfuls scalded milk
⅔ cupful powdered sugar
½ tablespoonful corn-starch
½ teaspoonful vanilla
4 eggs
Pastry

Melt chocolate over hot water, then add hot milk and cook together until smooth. Add sugar sifted with cornstarch and stir

until the boiling-point is again reached. Cool slightly, pour over 1 whole egg, 3 egg yolks slightly beaten, and ¼ tsp. vanilla. Pour into pastry-lined pie plate and bake as directed in One Crust Pies, (see p. 179). Cover with a Meringue according to directions on p. 179 using 3 egg-whites. Makes one 9-in. pie.

CUSTARD PIE

3 eggs
4 tablespoonfuls sugar
¼ teaspoonful salt
2¼ cupfuls milk
1 teaspoonful vanilla
Few gratings nutmeg
Pastry

Beat eggs slightly, add sugar, salt, vanilla and milk. Strain into pie plate lined with pastry. Sprinkle with nutmeg. Cocoanut may be sprinkled over top before baking. (Bake as in One Crust Pies, (see p. 179). Makes one 9-in. pie.

Caramel Custard Pie—Caramelize sugar in Custard Pie by stirring it over heat until it is melted and golden brown. Add it to milk which has been scalded and proceed.

PENNSYLVANIA PUMPKIN PIE

2 cupfuls pumpkin
3 eggs, separated
1 cupful brown sugar
¼ teaspoonful salt
½ teaspoonful grated nutmeg
½ teaspoonful ginger
⅛ teaspoonful ground cloves
⅛ teaspoonful allspice
¼ teaspoonful cinnamon
3 cupfuls scalded milk

To cooked or canned pumpkin add egg-yolks, brown sugar, salt, nutmeg, ginger, ground cloves, allspice and cinnamon, and mix thoroughly. Add scalded milk, and fold in stiffly beaten egg-whites. Pour into a pie plate lined with pastry and bake (see One Crust Pies, p. 179). Squash may be used instead of pumpkin in this recipe. Makes 2 medium or 1 large and 1 small pie. To serve, cool the pie slightly and arrange small mounds of unsweetened whipped cream, 1 in the center of each individual piece of pie. Drop 1 tsp. honey in the center of each mound of cream and serve at once.

RHUBARB MERINGUE PIE

2 cupfuls diced rhubarb
¾ cupful sugar
1 cupful milk
2 eggs
Pastry
¼ cupful sugar
2 tablespoonfuls flour
¼ teaspoonful salt
1 teaspoonful lemon juice
¼ teaspoonful vanilla

Stew rhubarb and ¾ cup. sugar until soft. Cool, add milk and beaten eggs with sugar, flour, vanilla and salt. Add lemon juice.

Pour into pastry lined pie plate and bake. (See One Crust Pies, p. 179). Make a meringue as directed on page 179, using 2 egg-whites. Makes one 9-in. pie.

SQUASH PIE

1 cupful cooked squash
1 cupful cream
¾ cupful sugar, white or brown
3 eggs
Bread-crumbs
½ teaspoonful ginger
½ teaspoonful nutmeg
½ teaspoonful salt
¼ teaspoonful mace
3 tablespoonfuls vanilla
1 egg-white

To cooked or canned squash which has been put through sieve, add cream and sugar. Beat eggs slightly and add to squash and cream mixture with vanilla, ginger, nutmeg and salt and mace. Line a pie plate with pastry. Brush pastry with egg-white and sprinkle lightly with bread crumbs. Pour in squash mixture and bake. (See One Crust Pies, p. 179). This pie is delicious spread with honey and topped with whipped cream. Makes one 9-in. pie.

PASTRY SHELLS

1. For a pie in which the filling has been previously cooked as in the case of lemon pie, line a plate as directed for one crust pie. Flute edge.
2. Prick with a fork the entire bottom and side surface of the crust to prevent bubbles from forming during baking. Bake in a very hot oven of 500° F. for 12 min.
3. The paste may be placed over the back of a pie plate or for individual shells over the backs of muffin tins and baked. This kind of shell holds the shape well but cannot have the attractive fluted rim.

LEMON PIE

1½ cupfuls sugar
4 tablespoonfuls flour
5 tablespoonfuls cornstarch
½ teaspoonful salt
2¼ cupfuls boiling water
3 eggs, separated
Grated rind 1 lemon
½ cupful lemon juice
Pastry

Mix sugar, flour, cornstarch, and salt. Add boiling water, stirring constantly. Cook for 15 min. in double-boiler, stirring as it thickens. Beat egg-yolks and pour cornstarch mixture into eggs slowly, stirring constantly. Return filling to double-boiler, cook 2 min. longer.

Remove from fire, add lemon juice and rind. When cold pour into baked pastry shell. (See Pastry Shells, p. 181). Make a meringue according to directions on p. 179, using the egg-whites. Makes one 9-in. pie.

DEEP FRUIT PIES

1. Any fruit may be used in a deep pie; peaches and apples are particularly good.
2. Prepare the fruit and put in deep baking dish, casserole or individual dishes. Season well with sugar and any spices desired. A little lemon juice and rind is good with apples. If fruit seems very juicy 2 tbsp. flour may be added to each cup. of sugar used. If fruit seems dry add a small amount of water.
3. Cover the pie with pastry rolled ¼ in. thick. Cut several gashes in crust, and bake in a hot oven of 450° F. for 20 min. and 375° F. for 30-40 min. longer.

DEEP DISH APPLE PIE

6 tart apples
Grated rind of one lemon
½ cupful granulated sugar
½ teaspoonful nutmeg
3 tablespoonfuls butter
½ cupful brown sugar
Pastry for one-crust pie

Peel and core apples and cut them into eighths. Arrange in greased baking dish. Cover apples with a mixture of lemon rind, sugar and nutmeg. Dot with butter. Cover with pastry rolled thin in the shape of the baking dish, and press it down well around edges. Make 3 short slits in the center of the pastry. Bake as directed in Deep Fruit Pies, (above). Serves six.

CREAM PUFFS AND ECLAIRS

½ cupful butter
1 cupful boiling water
1 cupful flour
4 eggs

Put the butter in a saucepan with boiling water. Place over heat and bring to a boil. Boil until butter is thoroughly melted. Add flour *all at once* and stir vigorously. Cook until mixture is thick and smooth and does not stick to side of pan, stirring constantly so that it will not burn. Remove from heat and cool slightly. Add eggs, *one at a time*, beating in each egg thoroughly, until the mixture is smooth, before adding the next one. Beat mixture well. To make Cream Puffs drop by spoonfuls on a greased baking sheet 1½ in. apart and shape round with the handle of a spoon.

To make Éclairs, put the paste in a pastry bag and force through a round tube ½ in. in diameter for small éclairs, and 1 in. in diameter for large ones, making them 3½ to 4 in. long.

Bake either Cream Puffs or Eclairs in a hot oven of 400° F. for 35 min.

To fill: Allow the Cream Puffs or Éclairs to cool thoroughly. Cut a slit in the side of each and put filling in with a spoon, or insert the end of a pastry tube and force the filling in. Use sweetened and flavored whipped cream, custard, or ice cream to fill the shells. Frost with a thin uncooked icing or serve with crushed berries chocolate or caramel sauce.

Baked and Steamed Puddings

In all the recipes given below the amount of baking-powder indicated is correct when using either a tartrate or phosphate baking-powder. With an aluminum baking-powder use one-half the amount specified.

COTTAGE PUDDING

¼ cupful shortening
⅔ cupful sugar
1 egg, well-beaten
1 cupful milk
2¼ cupfuls flour
4 teaspoonfuls baking powder
1 teaspoonful vanilla
½ teaspoonful salt

Cream the shortening, add sugar and vanilla, then well-beaten egg. Mix and sift flour, baking powder and salt and add alternately with milk to first mixture. Turn into a greased cake pan. Bake in a slow oven of 350° F. for 45 min. or pour into greased individual molds and steam 1 hr. Serve with Lemon, or Chocolate Sauce (see pp. 188-189). Serves 6.

Chocolate Pudding. Same as Cottage Pudding, adding 2½ sq. melted chocolate to shortening and sugar, just before adding egg. Serve with Sunshine Sauce. (see page 190).

Fruit Pudding—Add 1 cup. berries, stoned cherries, sliced apples or peaches, diced rhubarb, stoned dates, cut figs, stoned prunes or any drained canned fruit to recipe for Cottage Pudding, reserving 2 tbsp. of flour to mix with fruit and adding last. Dried fruits should be washed and steamed tender, then chopped. Serve with Foamy or Hard Sauce (see page 189). Bake or steam like Cottage Pudding.

GINGER PUDDING

¼ cupful shortening
¼ cupful brown sugar
1 egg, well-beaten
½ cupful sour milk
½ cupful molasses
1 teaspoonful ginger
1½ cupfuls flour
½ teaspoonful soda
1 teaspoonful baking powder
½ teaspoonful cinnamon
½ teaspoonful salt

Mix and bake or steam like Cottage Pudding, (see p. 183) sifting spices with flour. Combine sour milk and molasses, and add alternately with flour and spices. Serves 6.

STEAMED FRUIT DUMPLINGS

2 cupfuls flour
4 teaspoonfuls baking powder
½-¾ cupful milk
½ teaspoonful salt
⅓ cupful shortening
8 teaspoonfuls sugar
8 tablespoonfuls water
2 cupfuls fruit (berries, apples, cherries, canned fruit, drained, etc.)

Sift flour, baking-powder and salt together. Cut in the shortening. Add milk gradually to make a dough as stiff as for baking-powder biscuits. Divide fruit into 8 greased molds, and add 1 tsp. sugar and 1 tbsp. of water to each, or omit sugar and use juice of canned fruit. Place a piece of dough on top of the fruit. Steam 45 min. Serve with Lemon Sauce (see page 189). Serves 8.

SUET PUDDING

½ cupful suet, chopped fine
½ cupful molasses
½ cupful milk or water
1½ cupfuls flour
½ teaspoonful salt
½ cupful raisins
½ teaspoonful soda
½ teaspoonful cinnamon
½ teaspoonful nutmeg
2 teaspoonfuls baking powder
¼ teaspoonful allspice

Mix together suet, molasses, and milk. Sift flour and other dry ingredients together. Mix with raisins and add to first mixture. Pour into well greased mold and steam 2 hrs. or put into 6 individual molds and steam 35 min. Serve with Hard or Foamy Sauce (see p. 189). To vary, add 1 cup. chopped figs, or dates, sliced citron and currants mixed, or stoned and chopped prunes in place of raisins. Serves 6.

PLUM PUDDING

Use the recipe for Suet Pudding, p. 184 adding 2 well-beaten eggs to the suet mixture. Prepare the following in addition:

½ cupful currants
¼ cupful blanched chopped almonds
¼ cupful citron slivers
1 tablespoonful chopped candied orange peel
¼ cupful chopped figs
¼ cupful candied cherries, quartered

Mix these together with the raisins in ½ cup. extra flour. Pour into well-greased mold and steam 3 hrs. or pour into greased 1 lb. tin cans and steam 2 hrs. Serve with Hard Sauce (see p. 189).

Rice Desserts

BAKED RICE PUDDING

4 cupfuls milk
⅓ cupful rice
½ teaspoonful salt
⅓ cupful sugar
Grated rind ½ lemon

Wash rice, mix ingredients, pour into a greased pudding dish, set in a pan of hot water and bake in slow oven of 300° F. for 3 hrs. Stir every 10 min. during the first hour of baking to prevent rice from settling. Serves 6.

Chocolate Rice Pudding—Use the recipe for Rice Pudding adding 1 sq. melted chocolate, 1 tsp. vanilla, and ½ tsp. salt, and omitting the lemon rind.

APPLE RICE DESSERT

1⅓ cupfuls rice
3 tablespoonfuls sugar
4 tablespoonfuls corn sirup
3 apples

Wash the rice and cook until flaky and tender in boiling salted water. Drain, and add corn sirup and sugar. Grease a baking dish and put in a layer of rice. Pare and slice apples, and place a layer of apples over rice. Continue until the dish is full, cover, and bake in slow oven of 350° F. until the apples are tender—about thirty min. Remove cover for last ten min. to brown. Serve with milk or cream. Serves 6.

PRUNE RICE PUDDING

1 egg
½ cupful light brown sugar
1 tablespoonful melted butter
⅛ teaspoonful salt
1 teaspoonful vanilla
1 cupful unsweetened prune juice
3 cupfuls boiled rice

Beat egg slightly, add sugar, salt, vanilla, butter, and prune juice. Pour this mixture over boiled rice which has been placed in a greased baking dish. Bake in a hot oven of 400° F. for about 30 min. Chill and top with whipped cream and several whole prunes. Serves 6.

NOTE—For Shortcakes (see p. 141).

Baked Sweet Souffles

CUSTARD SOUFFLÉ

4 tablespoonfuls butter
4 tablespoonfuls flour
2 cupfuls milk
⅛ teaspoonful salt
½ cupful sugar
1 teaspoonful vanilla
3 egg-yolks
3 egg-whites

Use a double-boiler. Make a white sauce as follows: Melt butter, add flour, and stir until smooth. Add milk and cook 15 min. stirring constantly until thickened. Add sugar and salt. Pour over the beaten egg-yolks. Cool. Fold in stiffly-beaten egg-whites and vanilla. Pour into a greased baking dish and place in a pan of hot water. Bake in a moderate oven of 375° F. for 45 min. Serves 6.

Chocolate Soufflé—Prepare the same as Custard Soufflé, adding 3 sq. melted chocolate to the white sauce.

Caramel Soufflé—Follow Custard Soufflé. Melt sugar directly over heat, stirring constantly until it is a golden brown sirup. Add a small amount of white sauce to sirup and mix well. Return to the double boiler and proceed.

Coffee Soufflé—Use 1 cup. strong clear coffee instead of 1 cup. of milk in Custard Soufflé.

Fruit Soufflé—Same as Custard Soufflé. Put 1 cup. cooked, drained fruit cut in small pieces in bottom of baking dish. Add soufflé mixture and bake as usual. Fruit juice may be used for a sauce.

Desserts made with Tapioca

TAPIOCA CREAM

2 cupfuls milk
1½ tablespoonfuls quick-cooking tapioca
5 tablespoonfuls sugar
⅛ teaspoonful salt
1 teaspoonful vanilla
2 eggs, separated

Scald milk in top of double-boiler. Add tapioca and cook 20 min. or until tapioca is transparent. Beat egg yolks, add sugar and salt. Add tapioca mixture to egg-yolk mixture slowly. Return to double-boiler and cook until it thickens. Remove from the heat, fold in stiffly beaten egg-whites and vanilla. Serves 6.

Date Tapioca—Add ½ cup. diced dates to Tapioca Cream.
Coffee Tapioca—Scald 3 tbsp. coffee with milk, strain and proceed as in Tapioca Cream.

Chocolate Tapioca Cream—Blend 2 sq. melted chocolate with ½ cup. scalded milk. Beat until smooth, add rest of scalded milk, and proceed as in Tapioca Cream.

MAPLE WALNUT TAPIOCA

1 pint hot milk
1 cupful maple sirup
½ teaspoonful salt
⅓ cupful quick-cooking tapioca
1 egg, separated
⅔ cupful chopped walnut meats

Cook hot milk, maple sirup and tapioca in top of double boiler for 15 min., or until tapioca is clear, stirring frequently. Add well beaten egg yolk, stir for 1 min. Add nut meats and stiffly beaten egg white. Garnish with whole nut meats and serve with cream. Serves 6.

TANGERINE TAPIOCA

9 tablespoonfuls quick-cooking tapioca
½ teaspoonful salt
2⅔ cupfuls boiling water
1 cupful tangerine juice
1 cupful orange juice
Rind 1 orange, grated
1 cupful cream, whipped
1 cupful sugar

Add tapioca and salt to water, and cook in double boiler 15 min. or until tapioca is clear, stirring frequently. Add sugar, fruit juices and orange rind. Cool. Fold in whipped cream. Pile lightly in sherbet glasses. Chill. Garnish with tangerine shreds. Serves 12.

Sweet Sauces

Sweet sauces for desserts usually call for cornstarch or eggs instead of flour as the thickening agent.

CARAMEL SIRUP

1 cupful sugar
½ cupful boiling water

Cook the sugar in a frying pan over a low fire, stirring constantly until melted to a dark golden brown. Remove from the heat and add the boiling water gradually stirring as added. Return to the heat, and stir until smooth. Serves 6. This sirup is used in flavoring ice cream, custard, cornstarch pudding, etc.

CARAMEL SAUCE

1 tablespoonful cornstarch
4 tablespoonfuls caramel sirup
2 tablespoonfuls cold water
1 cupful boiling water
½ teaspoonful vanilla
1 teaspoonful butter

Blend the cornstarch and cold water. Combine the sirup and boiling water and add the cornstarch to this mixture. Cook 25 min. in a double-boiler, stirring constantly until thickened. Add butter and vanilla. Serves 6. Serve with ice cream, baked custard, etc.

CHOCOLATE SAUCE

½ square chocolate
1 tablespoonful cornstarch
4 tablespoonfuls sugar
1 cupful cold milk
½ teaspoonful vanilla

Melt the chocolate in the top of a double-boiler. Add the sugar and cornstarch and blend. Add the milk and stir constantly until thickened. Cook 25 min. Cool and add vanilla. Serves 6. Serve with ice cream, baked custard, etc.

CUSTARD SAUCE

1 cupful hot milk
2 tablespoonfuls sugar
2 egg yolks or 1 whole egg
⅛ teaspoonful salt
½ teaspoonful vanilla

Use a double-boiler and be sure that water in the lower part *does not boil.*

Beat egg-yolks and add sugar and salt. Pour the hot milk on this mixture and stir until the sugar is dissolved. Return to the double-

boiler and cook stirring *constantly* until the mixture coats the spoon. *Remove at once*, cool and add vanilla. Serves 6. Serve with Bavarian Cream, other gelatine desserts, diced fruit, etc.

FOAMY SAUCE

3 tablespoonfuls butter — 1 cupful powdered sugar
2 eggs, separated — ½ teaspoonful vanilla
½ cupful cream, whipped

Cream the butter and sugar together. Add the well-beaten egg yolks and beat throughly over hot water in a double-boiler. Remove from the heat and fold in the stiffly beaten egg-whites, the vanilla, and the whipped cream. Serves 6. Serve with hot gingerbread, steamed or baked pudding, etc.

HARD SAUCE

⅓ cupful butter — 1 cupful powdered sugar
1 teaspoonful vanilla

Cream the butter and sugar together, and add the vanilla. Chill and form into a mold. Serves 6. Serve with steamed or baked puddings.

HOT FUDGE SAUCE

1 square chocolate — 1 cupful sugar
1 tablespoonful butter — 2 tablespoonfuls corn sirup
⅓ cupful boiling water — ½ teaspoonful vanilla
⅛ teaspoonful salt

Melt chocolate, add butter and blend. Add boiling water very slowly, bring to a boil. Add sugar and corn sirup and boil 5 min. Cool, add vanilla and salt. Serve hot or cold. Serve with ice cream, baked or steamed pudding, etc.

LEMON SAUCE

1½ tablespoonfuls cornstarch — ½ cupful sugar
1 cupful boiling water — 1 teaspoonful grated lemon rind
3 tablespoonfuls lemon juice — 1 teaspoonful butter

Blend the cornstarch and sugar, add the water and cook 15 min. stirring constantly until thick. Add the lemon juice and rind and the butter. Serves 6. Serve with steamed or baked puddings.

SUNSHINE SAUCE

1 cupful sugar
2 egg-yolks
⅓ cupful water
2 tablespoonfuls vanilla
1 cupful cream, whipped

Boil the sugar and water together to 238° F. or the soft ball stage. Pour this sirup over the stiffly beaten yolks of 2 eggs. Continue beating, until creamy. When cold add the vanilla and the whipped cream. Beat with an egg beater until thick and fluffy. Serves 6. Serve with baked or steamed puddings, Peach Delight, etc.

Menus for Everyday

In using these menus you may have to make changes in many of them partly because of the likes and dislikes of your family, and partly because of market conditions. When making a change in any one menu, however, you will find it helpful to look through a few of the other menus for a substitute. As these menus have been planned following the guide to healthful meals page 10 we advise you to choose in each case a substitute that has much the same use or food value as the dish mentioned in the menu. For example, in Thursday's dinner menu, you may substitute spinach for Swiss chard if you wish, in Friday's dinner you may substitute a broiled meat, etc.

Most of the recipes used in these menus are given in the book. Consult the index.

Here are meals planned for an average family for a week. After you have read them check them back with the guide to healthful meals on page 10 as follows: Suppose you have planned Monday's meals as they are listed just below, you would check them thus. One pint of milk? On cereal, as a luncheon beverage, and in the soup for luncheon. Two generous servings of nonstarchy vegetables? In the soup for lunch, and spinach and lettuce for dinner. One serving of fresh fruit, raw, if possible? For breakfast. Meat or meat substitute? For dinner. Energy requirements? Cereal, muffins, rolls, potato, salad dressing, butter, ginger bread, sauces, sugar, etc. Monday's meals are adequate! Now check over the rest of the week the same way. This will help you to check up on the menus you plan yourself.

Family Meals for One Week

MONDAY

BREAKFAST

Grapefruit
Cereal with Milk
Scrambled Eggs Muffins
Hot Beverage or Milk

LUNCHEON

Vegetable Chowder
Graham Rolls
Fresh Fruit
Milk

DINNER

Baked Ham Horseradish Sauce
Buttered Spinach Mashed Potatoes
Hearts of Lettuce
Roquefort Dressing
Gingerbread Foamy Sauce
Coffee

TUESDAY

BREAKFAST

Stewed Prunes Cereal with Milk
Soft Cooked Eggs
Whole Wheat Toast
Hot Beverage or Milk

LUNCHEON

Macaroni and Cheese
Fruit Salad
Milk Rolls

DINNER

Casserole of Ham and Potatoes
Baked String Beans
Sliced Tomatoes
Chocolate Raisin Bread Pudding
Coffee

WEDNESDAY

BREAKFAST

Sliced Bananas
Cereal with Milk Toast
Marmalade
Hot Beverage or Milk

LUNCHEON

Cape Cod Clam Chowder
Crackers
Lettuce Salad
Russian Dressing Tea

DINNER

Mixed Grill of Hamburg Balls
Canned Pineapple Slices
and Sweet Potatoes
Cabbage and Green Pepper Relish
Apple Pie Coffee

The apple pie may be baked when the oven is being used for other foods, and reheated for this meal if desired.

THURSDAY

BREAKFAST

Stewed Apricots Cereal with Milk
Bacon and Eggs
Toast Coffee or Milk

LUNCHEON

Cheese Fondue
Tomato Salad Whole Wheat Bread
Milk

DINNER

Grapefruit
Creamed Potatoes
Swiss Chard and Egg
Buttered Carrots
Apricot Whip Coffee

FRIDAY

BREAKFAST

Sliced Oranges Cereal with Milk
Poached Eggs on Toast
Hot Beverage or Milk

LUNCHEON

Salad of Greens and Raw Vegetables
Rolls Butter
Milk

DINNER

Orange and Lime Juice Cocktail
Broiled Cod Fillets
Canned Asparagus Hollandaise
Parsley Potatoes
Whole Wheat Bread
Ice Cream Coffee

SATURDAY

BREAKFAST

Grapefruit Cereal with Milk
Soft Cooked Eggs
Graham Muffins
Hot Beverage or Milk

LUNCHEON

Creamed Dried Beef Baked Potatoes
Fresh Fruit Milk or Tea

DINNER

Irish Stew
Baking Powder Biscuits
Cabbage and Tomato Relish
Caramel Cornstarch Pudding
Coffee

SUNDAY

BREAKFAST

Stewed Figs
Cereal with Milk
Fluffy Omelet Toast
Hot Beverage or Milk

DINNER

Cream of Pimiento Soup
Roast Beef
String Beans Baked Potatoes
Apple Celery and Raisin Salad
Coffee Soufflé Wafers
Coffee

Substitute diced celery for cabbage in the recipe for Cabbage Apple and Raisin Salad on p. 53.

SUPPER

Piquant Egg Salad
Bread and Butter Sandwiches
Sliced Pineapple
Chocolate Cake

Inexpensive Menus *(see page 16)*

We cannot attempt to plan meals to actual cost, since market conditions and prices vary so greatly in different sections of the country, but we have given menus here which would be comparatively low in cost in almost all sections since they make use of the foods which are never costly.

LUNCHEONS

1

Baked Bean Casserole
Brown Bread Sandwiches
Cabbage Relish
Tea

2

Scalloped Left-Over Vegetables
Rye Bread Chocolate Milk Drink
Pear and Cottage Cheese Salad

Follow directions for Scalloped Vegetables on page 37, using any cooked vegetables that you have on hand.

3

Baked Macaroni and Tomatoes
Bran Muffins Lettuce Salad
Lemon Snow

4

Corned Beef Hash au Gratin
Buttered Cabbage
Whole Wheat Toast
Canned Loganberries Cookies

5

Purée of Split Peas
Corn Bread
Baked Apples Tea

6

Baked Bean and Bacon Salad
Rye Bread Toast Milk
Sliced Tomatoes

DINNERS

1

Shepherd's Pie
Buttered Beets Creamed Celery
Fruit Gelatine

Dice the left-over outer stalks of celery and cook until tender. Make a Medium White Sauce, using the water in which celery was cooked, according to directions on page 117.

2

American Beef Stew with Dumplings
Fresh Fruit

This stew is a meal in itself, and needs only a light dessert of fresh fruit to complete it.

3

Mutton, Italian Style
Winter Squash String Beans
Raw Cauliflower Salad
Baked Bananas
with Cranberry Sauce

To make **Raw Cauliflower Salad,** break a small head of cauliflower into tiny flowerets, dress with French Dressing and serve on lettuce.

4

Beef à la Mode
Mixed Green Salad French Dressing
Apple Rice Dessert

Mixed Green Salad may be made at the table in a salad bowl, by tossing one or two salad plants, such as chicory, endive, watercress, etc., with French Dressing.

5

Chop Suey (American Style)
Boiled Rice Cabbage Relish
Fresh Diced Pineapple

6

Stuffed Flank Steak
Baked Potatoes
Creamed Cauliflower
Celery
Orange and Canned Pear Salad

For Creamed Cauliflower cut all the outer green cauliflower leaves in small pieces and cook with the flowerets. Serve with Medium White Sauce.

Meals Out of the Can and Package

Meals "out of a can" have lost their stigma! So many delicious foods which formally took hours to prepare may now be bought in canned form with all their food value and flavor intact. On many occasions when our time is limited and we wish to serve an appetizing meal, we can turn to our emergency shelf and find there, in cans and packages, all that we need to prepare it! See page 40 for the Institute method of preparing canned vegetables.

1

Canned Cream of Pea Soup
Sautéed Spiced Ham
Canned String Beans
Buttered Canned Rice
Poppy Seed Rolls
Raspberry Jelly
Sponge Cake Whipped Cream

Spiced Ham may be bought in a can ready to serve. The packaged gelatine dessert and packaged sponge cake make a quick and delicious dessert.

2

Fricassee of Canned Whole Chicken
Buttered Canned Beets
Canned Sweet Potatoes
Asparagus Tip Salad
Cooked Salad Dressing
Prepared Chocolate
Cornstarch Dessert

3

Canned Codfish Cakes
Canned Tomato Sauce
Canned Wax Beans
Shredded Cabbage and Radish Relish
Melon Slices

4

Broiled Steak
Canned Lima Beans
Hashed Brown Potatoes
Hearts of Lettuce Russian Dressing
Brick Ice Cream
Macaroons Coffee

The Lima Beans, Russian Dressing, Ice Cream and Macaroons may all be purchased in can or package form.

Mixed Grill Meals

These meals are time saving and dish saving, especially if the foods can be grilled and served on a heat proof platter. Once you have tried a mixed grill you will wish to serve one at least once a week!

1

Sausage Cakes
Sweet Potatoes Deviled Tomatoes
Spinach Salad
Grapefruit with Lime Juice
Coffee

The sausage cakes, cooked sweet potatoes cut in halves, and spread with melted butter, and the slices of tomatoes spread with prepared mustard and chopped chives, are placed under the broiler heat and grilled about twelve minutes. The sausage cakes and potatoes may be turned once. The salad is made of chilled cooked and seasoned spinach arranged on salad greens and garnished with French Dressing. A few drops of lime juice and powdered sugar are added to each grapefruit half.

2

Liver and Bacon
Pineapple Slices
Buttered Beet Greens
Frozen Cheese Salad
Crisp Crackers Coffee

Thin slices of liver, strips of bacon, and the canned pineapple slices are grilled together for about 12 minutes and all should be turned once.

3

Thinly Sliced Ham
Potato Cakes
Cabbage and Tomato Relish
Shredded Dates

Very thin slices of ham and potato cakes made from left-over mashed potato may be grilled for about 10 minutes and should be turned once during the process.

4

Savory Lamb Chops
White Potatoes
Buttered Cauliflower
Star Salad Coffee

The Savory Lamb Chops, with the cooked and halved white potatoes spread with melted butter should be grilled for 15 minutes, turning them once.

5

Broiled Sweetbreads and Pineapple with Mushroom Sauce
Watercress Salad
French Dressing
Chocolate Parfait

6

Hamburg Balls Rolled in Bacon
Parsnips Spanish String Beans
Baked Apples Glacé

Each meat ball is wrapped in a strip of bacon which is secured with a tooth pick. The cooked parsnips are halved, spread with melted butter and with the meat balls are grilled for 12-15 minutes, and turned once. Baked Apples Glacé are served cold with cream.

7

Thin Fish Fillets
Bananas Whole Tomatoes
Coffee Soufflé

Any white fish may be used for the fish fillets and these should be spread with melted butter and floured slightly. The bananas are rolled in lemon juice and flour and grilled with the fillets and tomatoes for about 12 minutes. The tomatoes are prepared as follows: Make a cavity in the top of six firm tomatoes. Fill each cavity with French Dressing, and broil.

Top Stove Meals

It is well to try to use either the top stove or the oven in preparing a meal, as using both at once wastes fuel. However, this is not always possible, but to help you, we are giving here menus which use the top of the stove and, further on, menus that use the oven to advantage.

1

Sautéed Canned Whole Chicken
Buttered Summer Squash
Mashed Potatoes
Currant Jelly
Crackers and Cheese
Coffee

2

Savory Round Steak
Corn on Cob Creamed Potatoes
Raw Vegetable Salad
Peach Delight

3

Sautéed Mackerel
Buttered Spinach
French Fried Potatoes
Sliced Cucumbers
Epicurean Raspberries

4

Stuffed Liver Rolls
Stewed Tomatoes
Hashed Brown Potatoes
Endive with Cooked Dressing
Devil's Food Cake

5

Kidney Stew
New Lima Beans Mashed Potatoes
Tomato and Cucumber Salad
Rhubarb and Bananas
White Cake

6

Hungarian Goulash
Fruit Salad with Cheese Dressing
Coffee

In menu 6 the Goulash is so substantial that nothing more than a "dessert salad" is necessary to complete the meal.

Oven Meals

In planning an oven meal one must choose foods which will cook at the same temperature and at the same time provide a well balanced meal.

1

Somerville Meat Loaf
Baked Diced Carrots
Baked Sweet Potatoes
Endive Salad Graham Muffins
Orange Fluff

Bake meat loaf, carrots, and potatoes in a hot oven of 400° F. for 45 min. Put muffins in for last 25 min.

2

Scalloped Ham and Potatoes
Buttered Swiss Chard
Pepper Relish
Deep Dish Apple Pie

The pie should be baked in a hot oven of 450° F. for 20 minutes. The heat is then reduced to 375° and the

Scalloped Ham and Potatoes are put in and baked for one hour, covered for the first 30 minutes. The pie will be done twenty minutes before the scalloped dish.

3

Baked Fillet of Haddock
Baked Fresh Lima Beans
Baked Small White Potatoes
Sliced Tomatoes and Green Peppers in French Dressing
Grapes Nuts

The fish and vegetables are baked in a hot oven of 450° F. for 45 min.

4

Roast Leg of Lamb
Currant Mint Sauce
Pan-Roasted Potatoes Peas
Hearts of Lettuce
Chocolate Steamed Pudding

Sear lamb in a hot oven of 450° F. for 30 min. Reduce heat to 275° F. Then place the desired number of potatoes around roast and cover. Place peas in covered casserole with ½ cup of water. Bake all for 3 hours.

5

Baked Peas and Bacon
Graham Muffins
Lettuce and Tomato Salad
Cheese Tea

Put the muffins and casserole in a hot oven of 400° F. and bake twenty-five minutes.

6

Baked Ham Slice
Baked Macaroni with Tomato Sauce
Baked String Beans
Strawberry Bavarian Cream

Sear ham for 20 min. in 450° F. oven. Reduce heat to 400° F. and put the Baked Macaroni with Tomato Sauce and String Beans in oven. Continue baking all for 1 hour.

7

Delmonico Roast
Baked Diced Carrots
Baked Potatoes
Apple, Cabbage and Raisin Salad
Coffee

This menu is particularly adaptable to preparation in an electric range. Prepare meat, carrots and potatoes. Put in cold oven and bake at 450° F. for 1½ hrs. with heat on and 10 min. on retained heat.

8

Baked Stuffed Pork Tenderloin
Pan-Roasted Potatoes
Baked Onions
Sliced Tomatoes in French Dressing
Coffee Jelly Whipped Cream

Bake meat, potatoes and onions at 400° F. for 1¼ hrs.

9

Veal Cutlets
Baked Tomatoes
Scalloped Potatoes
Baking Powder Biscuits
Peach Shortcake

Sear meat uncovered for 20 min. at 450° F. Reduce heat to 400° F. Add water to cutlets and cover. At same time put in prepared vegetables arranged in covered casseroles and bake all 50 min. Bake shortcake for 15 min. while meat is searing at 450° F., using extra dough for biscuits.

Refrigerator Meals

Refrigerator meals are also time-saving, since they do away with a period of hurry and bustle just before the meal is served! Early in the day, all or most of the food can be prepared and set in the refrigerator until it is time to cook it. Make full use of your refrigerator all the year around and you will save yourself much time and worry.

1
Baked Macaroni and Cheese
Buttered Peas
Cabbage and Tomato Relish
Raspberry Gelatine Dessert

The casserole dish may be completely prepared early in the day, and chilled until cooking time. The peas can be shelled, the tomatoes diced, the cabbage shredded, and the dessert prepared and all set in the refrigerator early in the day.

2
Egg and Vegetable Casserole
Buttered Swiss Chard
Radish Salad
Maple Walnut Tapioca

The chard, lettuce, and radishes can be cleaned and chilled in the morning. The casserole dish may be completely prepared ready for baking and set in the refrigerator, together with the dessert.

3
Baked Peas and Bacon
Grilled Tomatoes
Stuffed Green Pepper Salad
Cantaloupe

The casserole dish may be completely prepared in the morning and set in the refrigerator until it is time to bake it. The tomatoes may be prepared for baking and the salad prepared, also, and chilled.

4
Stuffed Meat Loaf
Corn on the Cob
Hashed Brown Potatoes
Cucumbers with Savory Dressing
Coffee Junket

In the morning prepare the meat loaf for baking, the savory dressing and junket and set all away to chill.

5
Sliced Cold Meat
Potato Salad in Tomato Aspic
Bread and Butter Sandwiches
Honey Dew Balls in
Grapefruit Juice

Early in the day prepare the salad and roast meat to slice later, if no cooked meat is at hand. Set in refrigerator to chill. Prepare the Honey Dew Balls and Grapefruit Juice, and pour into trays of refrigerator to chill.

Vegetable Meals

At least once a week you will undoubtedly wish to serve a "meatless meal." Here are a few menu suggestions to help you.

LUNCHEONS

1
Broccoli on Toast
Canned Grapefruit Cup
Sour Cream Cookies
Chocolate Malted Milk

2
Cheese Soufflé
Mushroom Sauce
Cabbage, Orange and Raisin Salad
Whole Wheat Bread Cocoa

3
Italian Spaghetti
Sliced Cucumbers
Apple Sauce Sponge Cake
Tea

4
Scalloped Spinach
Baking Powder Biscuits
Baked Custard
Crushed Strawberries

DINNERS

1
Honey Dew Melon
Savory Lima Bean Scallop
Graham Muffins
Cabbage and Ripe Olive Relish
Apple Pie Coffee

2
Assorted Hors d'Oeuvres
Vegetable and Cheese Casserole
Buttered Swiss Chard
Dinner Rolls
Tomato Slices in French Dressing
Caramel Ice Cream Chocolate Cake
Coffee

3
Tomato Juice Cocktail
Scalloped Rice and Mushrooms
String Beans Whole Wheat Bread
Celery
Vanilla Cornstarch Pudding
with Sliced Peaches

4
Orange and Ginger Ale Cocktail
Cauliflower Soufflé with
Green Pea Sauce
Tomato and Cucumber Relish
Lemon Meringue Pie Coffee

Menus Using Milk *(see page 30)*

*These dishes have milk as a basis.

LUNCHEONS

1
*Cream of Lima Bean Soup
Whole Wheat Toast
Baked Apple with Cream

2
*Vegetable Chowder
Crackers
Romaine Salad
*Chocolate Raisin Bread Pudding

3
*Creamed Potatoes and
Green Peppers
Tomato and Lettuce Salad
*Chocolate Malted Milk

4
*Fish Chowder Pilot Crackers
Pear and Cream Cheese Salad

DINNERS

1
*Cream of Mushroom Soup
Baked Finnan Haddie
Buttered Carrots Baked Potatoes
Cole Slaw
*Vanilla Cornstarch Pudding
Hot Jelly Sauce

2
*Vegetable Casserole
Celery Radishes
Deep Blueberry Pie

3
Fruit Cup
Baked Sliced Ham
*Scalloped Cauliflower
Mashed Sweet Potatoes
*Golden Glow Ice Cream
Coffee

4
Minute Steak Riced Potatoes
*Creamed Brussels Sprouts
Apple, Cabbage & Raisin Salad
*Spanish Cream
*Custard Sauce

Menus Which Call for Salads

INFORMAL DINNER

Jellied Tomato Bouillon
Boiled Fresh Salmon-Hollandaise
Mashed Potatoes
Buttered Asparagus
Cucumber Salad Savory Dressing
Peach Ice Cream with
Crushed Raspberries
Sponge Cake Coffee

FAMILY DINNERS

1

Baked Smoked Pork Tenderloin
Scalloped Sweet Potatoes
Buttered Spinach
Graham Bread
Fruit Salad with Cheese Dressing
Coffee

2

Cream of Mushroom Soup
Baked Veal Cutlet
Baked Potatoes
Canned Lima Beans
Raw Vegetable Salad
Savory Dressing
Pumpkin Pie

3

Oysters on the Half-Shell
Roast Lamb Currant Mint Sauce
Steamed Brown Rice
Buttered Onions
Mixed Green Salad
French Dressing
Orange Ice Sponge Cake
Coffee

4

Braised Ham Slice
Scalloped Potatoes
Buttered Chard with Egg
Whole Wheat Muffins
Strawberry Salad
Fruit Salad Dressing
Iced Coffee

FAMILY LUNCHEONS

Macaroni Casserole
Apple, Cabbage and Raisin Slaw
Graham Muffins
Tea

2

Baked Bean and Bacon Salad
Brown Bread Sandwiches
Fruit Gelatine Hermits

SUNDAY NIGHT SUPPERS

1

Potato Salad in Tomato Aspic
garnished with Mint
Cold Roast Spring Lamb
Toasted English Muffins
Melon Iced Tea

2

Jellied Crab Meat Salad

Cooked Dressing

Cream Cheese and Chive Sandwiches
Filled Cup Cakes Tea

Menus When You Entertain

Nearly all the recipes mentioned in these menus are given in this book. To find them, consult the index.

In January

NEW YEAR'S DINNER

Crabmeat Cocktail
Cream of Pimiento Soup
Bread Sticks
Crown Roast of Lamb
Browned Potatoes
Cauliflower with Hollandaise Sauce
Buttered Spinach
Watermelon Circles Currant Jelly
Fruit Salad with Cheese Dressing
Mince Pie
Salted Nuts Mints
Coffee

NEW YEAR'S BUFFET SUPPERS

1

Scalloped Oysters in Ramekins
(with a sprig of holly on top)
Individual Molds of Cranberry Jelly
Brown Bread Sandwiches
Mince Meat Turnovers
Bonbons Coffee Nuts

2

Potato Salad in Tomato Aspic on
Bed of Cress
Bread and Butter Sandwiches
Pistachio Ice Cream
Small Holiday Cakes Coffee

Ice Creams particularly suitable in color and flavor for a holiday season can usually be purchased from confectioner or caterer.

3

Chicken à la King
Olives, Ripe and Green
Graham Nut Muffins
Individual Pumpkin Pies Coffee

4

Creamed Oysters and Mushrooms
in Patty Shells
Celery Currant Jelly
Hot Rolls
Loganberry Ice
White Cake Coffee

In February

LINCOLN'S BIRTHDAY REFRESHMENTS

1

Log Cabin Salad
Rolled Asparagus Sandwiches
Small Chocolate Eclairs Coffee

2

Creamed Fresh Shrimp in Ramekins
Brown Bread and
Lettuce Sandwiches
Ripe Olives Celery Curls
Raspberry Ice Sponge Cake
Coffee

WASHINGTON'S BIRTHDAY LUNCHEON MENUS

1

Cherry Cocktail
Creamed Ham and Mushrooms
Buttered Rolls
Radishes Stuffed Olives
Peppermint Ice Cream
Chocolate Cake Coffee

2

Cream of Pimiento Soup
Boiled Salmon Egg Sauce
Baked Potatoes Luncheon Rolls
Celery Curls Cranberry Sauce
Cherry Pie Coffee

3

Shrimps à la King Green Peas
Cornbread Sticks
Cherry Ice Cream
Cookies cut in Hatchet Shape
Coffee

SAINT VALENTINE'S DAY LUNCHEONS

1

Tomato Bouillon
Jellied Crab Meat Salad
Clover Biscuits
Steamed Chocolate Pudding
Sunshine Sauce Coffee

2

Fruit Cocktail
Veal Croquettes with Tomato Sauce
Baking Powder Biscuits
Celery stuffed with Cheese
Strawberry Ice Cream
in Heart Molds
Cake

3

Chicken Bouillon
Creamed Scallops and Mushrooms
on Toast
Pimiento Sandwiches
Radish Roses Celery Hearts
Tangerine Tapioca Sponge Drops
Candy Hearts Coffee

4

Cream of Celery Soup
Croûtons cut in Heart Shapes
Chicken Mousse Green Peas
Potato Chips
Raspberry Ice Cream Cake
Coffee

VALENTINE BRIDGE OR TEA MENUS

1

Creamed Minced Ham
with Mushrooms
Heart Shaped Bread and Butter
Sandwiches
Strawberry Ice Cream Cake
Salted Nuts Coffee

2

Cherries Stuffed with Cheese Salad
Pimiento Sandwiches
Chopped Ham Sandwiches
Mints Salted Nuts
Coffee

VALENTINE DINNER

Cream of Tomato Soup
Baked Ham Creamed Cauliflower
Mashed Potato Cones
(Sprinkled with Paprika)
Endive and Beet Salad
French Dressing
Loganberry Ice Cream Coffee

In March

ST. PATRICK'S DAY DINNER

Cream of Onion Soup with
Chopped Parsley
Broiled Fillets of Flounder
Green Pea Sauce
Mint Jelly cut in Form of Shamrocks
Parsley Potatoes Buttered Broccoli
Cream Cheese and Chive Balls
on Watercress
Bread Sticks Mayonnaise
County Cork Ice Cream
(Vanilla Ice Cream sprinkled
thickly with coarsely
chopped peanuts)
Coffee Tiny Cup Cakes

ST. PATRICK'S DAY LUNCHEON

Cream of Pea Soup
Stuffed Green Pepper Salad
Rolled Asparagus Sandwiches
Pistachio Ice Cream
Cakes with Green Icing
Nuts Green and White Mints
Coffee

ST. PATRICK'S DAY TEA

Chicken Salad in
Green Pepper Cases
Olives Sweet Gherkins
Lettuce Sandwiches
Ice Cream Molds Tiny Cakes
Nuts Coffee Mints

During the Summer

FOURTH OF JULY DINNERS

Epicurean Raspberries
Boiled Fresh Salmon Egg Sauce
New Potatoes Green Peas
Clover Leaf Rolls
Cucumber Salad Toasted Crackers
Vanilla Ice Cream with Crushed
Strawberries Sponge Cake

2

Jellied Canned Tomato Soup
Broiled Lobsters
French Fried Potatoes
Fresh Asparagus Luncheon Rolls
Frozen Cheese Salad
French Dressing
Fresh Cherry Pie

3

Strawberry and Grapefruit Cocktail
Baked Virginia Ham
New Peas with Mint
Potatoes on the Half Shell
Sweet Watermelon Pickle
Stuffed Olives
Tomato and Chicory Salad
Pretzels
Chocolate Chip Ice Cream
Coffee Angel Food
Nuts Mints

GARDEN PARTY MENUS

Lobster Salad Garnished with
Pimiento Strips
Luncheon Rolls Iced Tea
Fresh Raspberry Pie

2

Pimiento-Butter Sandwiches
Chopped Cabbage and Tomato
Sandwiches
Individual Strawberry Shortcakes
Ginger Ale

Pimiento Butter is made by creaming butter and adding finely-chopped pimiento and salt to taste.

3

Fresh Vegetable Salad
Radish Roses Finger Rolls
Sweet Gherkins
Strawberry Sundaes Chocolate Cake
Iced Coffee

In October

HALLOWE'EN PARTIES

Brown Bread Sandwiches with
Cheese and Chives
Hallowe'en Salad
Orange Ice Jack o' Lantern Cookies
Cider

Hallowe'en Salad—Use recipe for Cabbage, Apple and Raisin Salad (see page 53). **Jack o' Lantern Cookies** are chocolate or ginger cookies iced with orange icing with drops of melted chocolate for features.

2

Black Cat Sandwiches
Goblin Salad
Hoodoo Puddings Witches' Brew

Black Cat Sandwiches are Savory Sandwiches (see page 136) made with brown bread and cut out in the shape of a cat. This is done by cutting around a cardboard cat shape with a sharp knife. **Goblin Salad** is: Peach Salad (see p. 51) with the stuffed side of the peach down. With cloves and strip of pimiento make a goblin face on the round side of the peach. Make a frill of cream cheese around the face, with a pastry tube. **Hoodoo Puddings** are spice cup cakes covered with coffee icing. **Witch's Brew** is any hot beverage.

3

Welsh Rabbit on Whole Wheat Toast
Ginger Fruit Salad
Individual Pumpkin Pie
Coffee

In November

THANKSGIVING DINNERS

1

Cream of Mushroom Soup
Roast Turkey Giblet Gravy
Buttered Spinach Mashed Potatoes
Cauliflower with Hollandaise Sauce
Cranberry Jelly
Romaine Salad French Dressing
Individual Pumpkin Pies
Nuts Whipped Cream
Raisins Coffee

2

Halves of Grapefruit
Roast Duck Apple Stuffing
Baked Sweet Potatoes
Creamed Turnips Cole-Slaw
Baked Squash
Cider
Ginger Pudding Foamy Sauce
Coffee

THANKSGIVING PARTIES

Ginger Fruit Salad
Individual Pumpkin Pie with
Whipped Cream and Honey
Cider Nuts

2

Creamed Turkey in Patty Shells
Stuffed Celery
Individual Cranberry Jelly Molds
Cider Ice Sponge Cake
Coffee

In December

CHRISTMAS DINNERS
(From Two to Five Courses)

Two-Course

Roast Duck or Broiled Chicken
Mashed Potatoes Buttered Onions
Canned Cranberry Jelly
Cabbage and Green Pepper Salad
Canned Plum Pudding
Hard Sauce Coffee

Three-Course

Oyster Bisque Garnished
with Parsley
Roast Turkey with Dressing
Giblet Gravy
Mashed Potatoes Hubbard Squash
Creamed Onions
Cranberry Sauce Celery Curls
Plum Pudding Sunshine Sauce
Coffee

Five-Course

Christmas Star Canapés
Oyster Bisque
Garnished with Parsley
Croûtons
Roast Turkey
with Chestnut Stuffing
Mushroom Giblet Gravy
Mashed Potatoes Creamed Onions
Hubbard Squash
Celery Hearts Cranberry Sauce
Endive Salad Olives
Paprika Crackers
Plum Pudding Sunshine Sauce
Nuts Stuffed Dates Demi-Tasse

For the **Christmas Star Canapés** cut bread in star shapes. Marinate minced green pepper, hard cooked egg-whites and pimiento in a little French Dressing. Place green peppers and pimiento on alternate points of the star and fill the center with the egg-white.

CHRISTMAS BRIDGE PARTIES

1

Creamed Lobster or Ham and
Mushrooms in Patty Cases
Butterscotch Biscuits
Cranberry Milk Sherbet Cake
Coffee

2

Creamed Shrimp and Green Peppers
Hot Baking Powder Biscuits
Green Olives
Pistachio Ice Cream Cake
Tea

3

Shrimp Salad
Celery Olives
Graham Muffins
Molds of Ice Cream Cake
Coffee

4

Creamed Chicken in Patty Cases
Individual Molds of
Cranberry Jelly
Hot Rolls Sweet Gherkins
Peppermint Ice Cream
Chocolate Cake Coffee

5

Tiny Cream Puffs filled with
Chicken Salad
Cranberry Sauce
Chopped Green Vegetable
Sandwiches
Cherry Ice Cream Holiday Cake
Coffee

Entertaining on Other Occasions

EARLY WEDDING BREAKFASTS

Fruit Cocktail in Fruit Shells
Creamed Chicken in Toast Patties
Hot Baking-Powder Biscuits
Jam or Marmalade
Hot Coffee Cream

2

Orange Baskets filled with orange sections
Creamed Fish
(Scallops, Crab Flakes, or Salmon)
Popovers Strawberry Jam
Coffee Cream

3

Halves of Grapefruit or Melon
Halves of Broiled Chicken
(or Squab on Buttered Toast)
Corn-Bread
Currant Jelly or Currant Preserves
Coffee Cream

4

Grapefruit filled with White Grapes
Fried Chicken
Grilled Sweet Potatoes
Waffles Maple Sirup
Coffee Cream

ELEVEN O'CLOCK WEDDING BREAKFASTS OR LUNCHEONS

1

Fruit Cocktail
Olives Celery Nuts
Lobster Patties Peas
Buttered Parker House Rolls
Hearts of Lettuce
Cheese Sticks French Dressing
Chocolate Ice Cream
with Peach Sauce
Cakes Bonbons
Coffee

2

Strawberry Cocktail
Creamed Eggs and Asparagus
Assorted Sandwiches
Caramel Bavarian Cream
Sponge Cakes Bonbons

3

Fruit Cocktail
Olives Celery Nuts
Creamed Ham and Mushrooms
Buttered Parkerhouse Rolls
Coffee
Cabbage and Tomato Relish
Vanilla Ice Cream
with Strawberry Sauce
Cakes Bonbons

4

Chilled Bouillon
Whole-Wheat Buttered Crackers
Celery Salted Pecans
Chicken à la King on Toast
Potato Croquettes
Tomato Cups filled with Green Peas and Olives
French Dressing
Pineapple Sherbet Cakes
Coffee

5

Clear Tomato Soup
Creamed Sweetbreads and Mushrooms in Patty Shells
Fruit Salad with Cheese Dressing
Assorted Sandwiches
Parfait or Ice Cream
Bonbons Sweet Wafers
Fancy Cakes Coffee

6

Tomato Sandwich Hors d'Oeuvres
Pressed Chicken
Buttered Broccoli Potato Roses
Cucumber and Radish Salad
Ginger Ice
Nuts Coffee Cakes

7

Iced Bouillon Saltines
Choice of Molded Crabmeat
Salad or Fruit Salad
Assorted Sandwiches
Peach Cream Sherbet Cakes
Bride's Cake
Coffee Bonbons Nuts

8

Fruit Cocktail
Scalloped Shrimp in Ramekins
Filet of Beef (Individual Service)
Mushroom Sauce
French Fried Potatoes Hot Rolls
Spinach Salad Toasted Crackers
Fruit Ices, Assorted Flavors
Cakes Candied Fruits Coffee

WEDDING ANNIVERSARIES

Golden Wedding Anniversary Dinner

Oyster Cocktail
Cream of Carrot Soup
Crisp Crackers
Chicken Maryland
Stuffed Baked Potatoes
(Sweet Potatoes if possible)
Buttered Wax Beans Cider Ice
Star Salad Bread Sticks
Golden Glow Ice Cream
Wedding Cake with Orange Icing
Salted Almonds Mints Coffee

Silver Anniversary Dinner

Grapefruit and Lime Cocktail
Cream of Asparagus Soup
Bread Sticks Celery Curls
Roast Turkey
Mashed Potatoes
with Chopped Parsley
Buttered Onions or Cauliflower
Hearts of Lettuce
French Dressing
Vanilla Ice Cream (garnished
with chopped pistachio nuts)
Bonbons wrapped in silver foil
Nuts Coffee

Silver Wedding Anniversary Collations

1

Tuna Fish à la King in Mashed
Potato Nests
Celery Sticks
stuffed with Cream Cheese
Parker House Rolls
Vanilla Ice Cream
in Wedding Bell Shaped Molds
Wedding Cake with
White Icing and Silver Dragées
Bonbons Wrapped in Silver Foil
Nuts Coffee

2

Stuffed Green Pepper Salad
Tiny Buttered Rolls
Vanilla Ice Cream
(Garnished with Chopped
Pistachio Nuts)
Large Wedding Cake
(Decorated in White and Silver)
Bonbons Wrapped in Silver Foil
Nuts Coffee

BIRTHDAY PARTY MENUS

1

Creamed Oysters in Patty Shells
Chopped Chive Sandwiches
Bisque Mousse
Large White Birthday Cake
(Decorated in Green and Silver)
Bonbons Wrapped in Silver Foil
Nuts Coffee

2

Chicken and Mushroom Curry
Hot Biscuits
Orange Ice Cream
Large Yellow Birthday Cake
Yellow Bonbons Nuts Coffee

3

Tuna Fish à la King
Toast Points
Stuffed Celery Olives

Macaroon Parfait
Large White Birthday Cake
(Decorated in Pink and Silver)
Bonbons Wrapped in Silver Foil
Nuts Coffee

4

Mushroom and Asparagus Parfait
Bread and Butter Rounds
Golden Glow Ice Cream
Birthday Cake
Bonbons Nuts Coffee

5

Rolls filled with Chicken Salad
Olives Celery Curls
Watermelon Pickle
Salted Nuts Coffee
Peach Ice Cream
Decorated Birthday Cake
Bonbons

CHILDREN'S BIRTHDAY PARTY SUPPER MENUS

(6 to 12 years of age)

Creamed Chicken in Patty Shells
Lettuce Sandwiches
Raspberry Junket Angel Cake
Cocoa

2

Minced Chicken Sandwiches
Minced Raw Vegetable Sandwiches
Peppermint Ice Cream
Cocoa Sponge Cake

3

Creamed Oysters on Toast
Lettuce Sandwiches
Baked Custard
Animal Crackers
Dipped in Melted Chocolate

4

Clear Tomato Soup
Creamed Eggs Riced Potatoes
Fresh Peas
Diced Oranges Cookies

5

Lamb Chops Baked Potatoes
Shredded String Beans
Fruit Gelatine with Whipped Cream
Tiny Cakes

Menus for children's parties must be simple but festive. Most children under twelve have an early simple meal at night, and for this reason it seems wisest to let our afternoon birthday party end with a light supper.

LITTLE TOTS' BIRTHDAY PARTY

Graham Crackers Zwiebach
Cooked Prune Pulp
or
Tapioca Cream
Plain Cookies Milk

SIMPLE AFTERNOON TEA MENUS

1

Toasted English Muffins
Grapefruit Marmalade
Tea

2

Peach Salad
Bread and Butter Sandwiches
Iced or Hot Coffee

3

Tiny Cream Cakes
Filled with Chicken Salad
Brown Bread and Butter Sandwiches
Tea

4

Cinnamon Toast
Tea
Candied Orange Peel
Salted Nuts

FORMAL AFTERNOON TEA MENU

Creamed Lobster in Patty Shells
Butterscotch Biscuits
Bisque Mousse
Sponge Cakes

2

Shrimp and Pineapple Salad
Brown Bread and Butter
Sandwiches
Coffee Bavarian Cream
Spiced Tea Fancy Cakes

3

Jellied Crab Meat Salad
Cheese and Chive Sandwiches
Chocolate Ice Cream Macaroons
Tea or Punch

4

Sandwiches of Sliced Chicken
and Chopped Pecans
Brown Bread Sandwiches
Radish Sandwiches
Chocolate Parfait
Cake Tea

5

Scalloped Oysters in Ramekins
Hot Tea Biscuits Cheese Wafers
Strawberry Tarts
Tea

BRIDGE LUNCHEON MENUS

1

Individual Chicken Pies
Cranberry or Currant Jelly
Lettuce Sandwiches
Coffee Soufflé Chocolate Cookies
Coffee

2

Shrimp à la King
Baking Powder Biscuits
Ripe Olives
Peach Salad

3

Fish and Vegetable Casserole
Nut Muffins
Cabbage and Green Pepper Relish
Chocolate Pie

4

Creamed Stuffed Eggs
and Asparagus on Toast
Broiled Tomatoes
Lemon Ice Sponge Cake

5

Hors d'Oeuvres
Bread Sticks
Chicken au Province Hot Rolls
Raw Vegetable Salad
French Dressing
Raspberry Gelatine Sponge
Macaroons

6

Melon Ball Cocktail
(Cantaloupe and Gingerale)
Creamed Crabmeat and Vegetables
Grilled Mushrooms
Lettuce Baking Powder Biscuits
Orange Bavarian Cream
Cakes Tea

BRIDGE REFRESHMENTS

1

Ginger Fruit Salad
Hot Rolls
Chocolate Chip Ice Cream
Coffee Wafers

2

Star Salad Cheese Straws
Coffee Bavarian Cream
White Cake Coffee

3

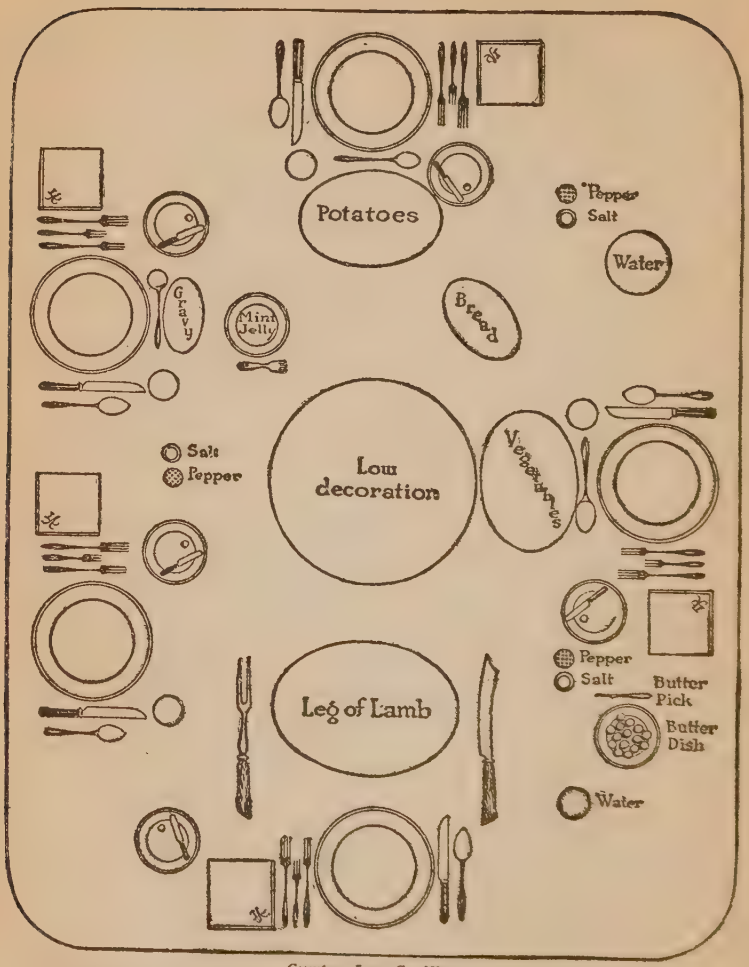
Chopped Green Vegetable
Sandwiches
Nut Bread Sandwiches
Orange Ice (Garnished
with Crushed Strawberries)
Sponge Cake Tea
Yellow Bonbons Salted Nuts

4

Fruit Cocktail
Tiny Cream Puffs
filled with Chicken Salad
Brown Bread and Butter Sandwiches
Caramel Ice Cream Fancy Cakes
Coffee

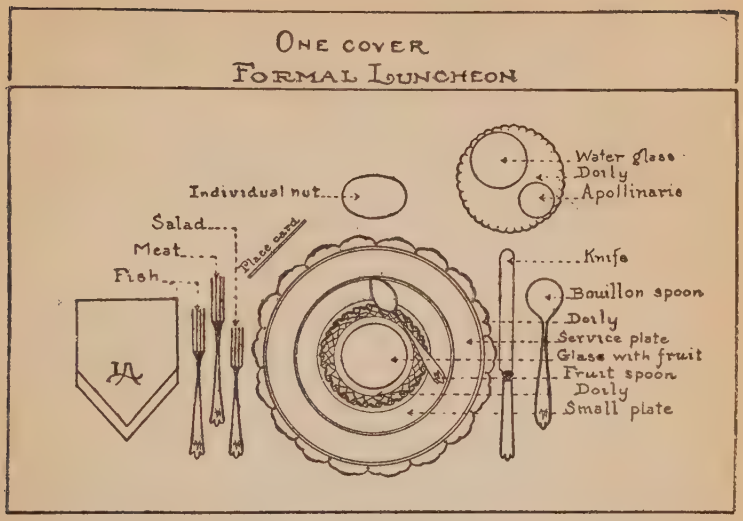
5

Tomatoes Stuffed with
Cream Cheese and Salted Almonds
Baking Powder Biscuits
Crab Apple Jelly
Eclairs filled with Ice Cream
Butterscotch Sauce

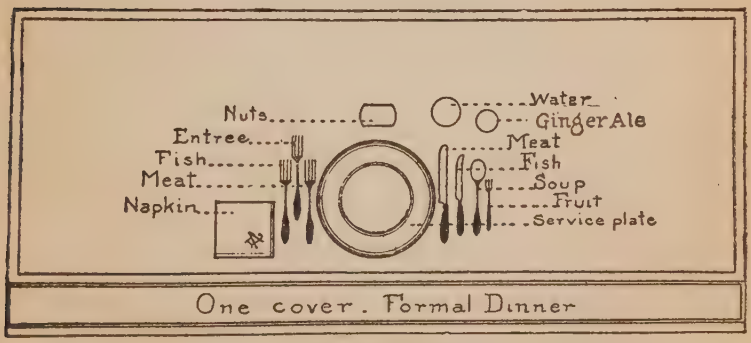


Courtesy Lucy G. Allen

Diagram of Table Laid for Home Service Without Service of Maid



Above is shown the arrangement of the china, silverware and glassware for each cover at a formal luncheon.



Courtesy Lucy G. Allen

The illustration above shows the formal dinner cover in detail with the correct placement of the china, silverware and glassware.

The Etiquette of Service

THE FORMAL DINNER

Suggested Menu—

Clear Soup
Olives Celery Salted Nuts
Halibut Fillets Dressed Cucumbers
Rolls
Roast Chicken Squabs
Duchess Potatoes
Glacéd Carrots and Peas
Grapefruit Salad Roquefort Dressing
Bombe Glacé Small Cakes
Fruit Candy
Coffee

The Etiquette of Giving a Dinner Party—If a dinner party is to be given with the help of the servants in the house, and without the assistance of outside professionals, it is presupposed that they are well trained and are able not only to serve dinner, but give perfect service from the moment that the guests enter a house until they leave it. If they are not trained, it is wise either to have a waiter from a caterer's or a professional accommodator-waitress who will come in at four o'clock in the afternoon, make the salad and hors d'oeuvres, set the table and serve the dinner either alone or with an assistant. It is also well (if it can be afforded) to have such an individual come in at some previous time, and serve a dinner for the family if you are not familiar with his ability. It is also possible to get a professional cook from a caterer, or, in a smaller community, an accommodator, who will come in early in the afternoon, prepare everything which is to be used and cook the dinner. If you are going to give a dinner without the assistance of a professional, it is well, if possible, to have two people—a butler and parlor-maid or a waitress and chamber-maid. Their duties are as follows:

As the Guests Enter—At the hour for dinner, the butler or the waitress should be at the front door. Where there is a chauffeur, he should stand, in his livery, at the steps where the motors drive up. Should it be raining he has an umbrella which he holds over the guests as they get out of their motors. The parlor-maid or chamber-maid, or a lady's-maid should the household have one, stands at the head of the stairs to show the ladies where to place their wraps, or at the dressing-room door, should there be one, on the first floor. In an apartment she stands at the entrance of the hall leading to

the bedrooms or dressing-room. The butler takes the gentlemen's coats, hats and canes, or shows them the way to the dressing-room should there be one. At a very formal dinner an envelope containing the name of the lady he is to escort to dinner is handed to each gentleman.

Announcing Dinner—The butler or maid at the door counts the number of guests that enter and when they have all arrived he goes to the kitchen, makes sure that dinner is ready, the table complete in every way with the candles lighted, then goes to the living-room or drawing-room door, makes a slight bow and says, "Dinner is served." The formal English procedure is to announce dinner to the master of the house, but in this country it is usual to announce it to the mistress.

Entering the Dining-Room—The host then leads the way to the dining-room with the guest of honor. The other guests follow and the hostess and her escort come last. At a very formal dinner the gentleman offers his arm. At less formal dinners the guests enter the dining-room in groups and find their places themselves by the place-cards. At an informal dinner where there are no place-cards, the hostess indicates where the guests are to sit, beginning always with the woman at the right of the host. After each woman's place has been designated, she then designates where the men will sit.

Setting the Table—The dining-room itself must, of course, be charming, but as all interest is centered on the table, there everything must be as nearly perfect as possible. The linen must be faultlessly laundered, it must be placed straight on the table, so that the long center crease runs down the center of the table. The silver must be brilliantly polished, for half-polished silver is as bad as a half-soiled table-cloth. The glass must be sparkling and the places must be in alignment and spaced at equal distances. In setting the table the table-cloth is the first consideration. If it is damask, a silencing felt must be placed under it. For the refectory table a lace cloth, or a combination of linen and lace may be used.

The Centerpiece and Candles—The centerpiece depends upon the importance of the dinner. For the small dinner of six or eight a silver bowl filled with colorful roses is delightful. For a larger dinner a more elaborate floral centerpiece may be arranged. Ornaments of silver, china, and glass, or bowls of fruit may be used, but none of them lends so much charm to the dinner table as flowers. It is well to plan a low decoration rather than a high one. Candles are the next important item, for no matter how well-lighted the dining-room may be candles are essential in establishing the spirit of hospitality. Four candlesticks may be used, or two branching cande-

labra. In either case the flame of the candle should be above eye level, for the flicker is often annoying if directly in the line of vision.

Arranging the Decorations—Low silver compotes for bonbons and nuts are often an integral part of the table decoration. One may be placed at each of the four corners, or two on diagonally opposite corners. Salts and peppers, if not individual, should be placed between every two plates. In arranging the table be sure that each person has plenty of elbow room and that the chairs are not too close together. Some people always allow twenty-seven inches for the plates, the glasses and silver, while others think that twenty-four inches from the center of one plate to the center of the next plate is ideal.

The Service Plates—Service plates may be very decorative china plates, matching your dinner ware, or of an entirely different pattern, usually ten to twelve inches in diameter. Some people prefer to use silver, pewter, or glass service plates, depending upon the other table decorations and service.

Table Accessories—Using the menu on page 212 as a typical one for a formal dinner, let us consider first the table linen, flat silver and china needed.

Linen

1 damask cloth	6 dinner napkins—27″

Silver

6 soup spoons	6 demi-tasse spoons
6 fish forks and knives	2 pairs salts and peppers
6 dinner forks and knives	2 low compotes
6 salad forks and knives	1 square bowl
6 dessert spoons and forks	4 candlesticks
Coffee Service	

China

6 service plates—11″	6 salad plates—9″
6 soup plates	6 deep dessert plates—8″ square
6 fish plates—9″	6 fruit plates—9″
6 dinner plates—10″	6 demi-tasses

Glass

6 water goblets	6 finger bowls and plates

Placing the Silver—For serving the formal dinner given on page 212 there should be at the extreme left of the service plate the fish fork, then the dinner fork, and nearest the plate the salad fork. To the

right, next the plate, is the salad knife, the dinner knife, then the fish knife and at the outside right, the soup spoon. No more silver than this should be at each plate, for additional silver is served with later courses. This is the convenient and logical arrangement, with the outside fork or spoon the next one to be used. The edges of the knives are turned toward the plate and the tines of the forks are turned up. In a formal dinner there is no bread and butter plate and therefore no butter knife.

Placing the Glass and Napkins—The water goblet is placed at the top of the knife and sometimes, if the table is narrow and the flowers take up much space, slightly to the right. The dinner napkin, usually twenty-four to twenty-seven inches square, has been folded in thirds and again in thirds to form a square. The monogram, if there is one, being in the center of the napkin, thus appears in the center of the square. When placed on the service plate, the napkin is folded under at right and left so that the width is about one-third the height. It is not now considered correct to fold a roll in the napkin.

The Use of Place-Cards—The place-card may be set just above the plate in the center or, if there is no place-card holder, it may be placed on top of the napkin. When the table is set, the chairs in place so that they come just to the edge of the table-cloth, and the candles lighted, dinner is ready to be announced.

The Hour for Dinner—The dinner hour varies with the locality. Where the theatre or the opera is to follow, dinner should not be later than seven-fifteen or seven-thirty. Where there is a later dance to attend, or where the evening is to be spent at home, eight o'clock is the fashionable hour.

Serving the Dinner—The woman seated to the right of the host is served first, or if there are two servants, each to serve half the guests, the hostess is served at the same time as the guest of honor. The old custom is frequently followed of serving the hostess first to prove that the food is unpoisoned. The modern reason for this is that it is often easier for the hostess to take the first portion of a service as she knows how the food has been prepared. However, if the food has been properly cut and arranged on the platter, there should be no difficulty for anyone.

There are some courses where the food is put on the plate in the pantry and the plate then placed on the table. With other courses the empty plate is set down and the food on platters or in serving dishes is passed to each person. The serving dish, presented to the left of a person, is held flat on the palm of the servant's hand unless the dish is so heavy or awkward that it needs the right hand to help

in holding it. If the food is arranged on a serving dish, the proper spoon or fork must be with it.

Service in Detail—When the guests are seated at the table, the procedure of serving the formal dinner as given on page 212 is as follows: The guests remove the napkins from the service plates. It is an unbreakable rule that there should never be a time when a place is without a plate until after the salad is removed.

1. Service plate in place on table.

2. Soup plate placed on service plate from the left side by the butler with his left hand.

3. Water glasses filled from the right and relishes passed from the left.

4. Soup plate with soup spoon removed from the service plate by the butler with his left hand. It is then transferred to his right hand and he removes the soup plate of the person to the right with his left hand.

5. Fish plate put on service plate from left side. Fish on service platter is served from left, and rolls are passed.

6. Fish plate with fish knife and fork and service plate removed by left hand, and

7. Hot dinner plate put in place with right hand. Meat and vegetables arranged on serving dishes with silver in place served from the left.

8. Dinner plate with dinner knife and fork removed with left hand, and

9. Salad plate, which has been arranged in pantry, put in place with right hand.

10. Salad plate with salad fork and knife removed. The table is cleared, and if necessary crumbs removed.

11. Salts and peppers removed.

12. Dessert plate with dessert fork and spoon on plate put in place. Frozen dessert served from left and cakes are passed.

13. Dessert plate with dessert fork and spoon removed.

14. Glass finger bowl and plate on top of fruit plate put in place. If the fruit served needs a knife and fork they can then be placed.

15. Guest removes glass finger bowl and plate, placing it on the table to the left, slightly above the plate, so that the fruit plate is free. Fruit is served from the left.

16. Bonbons and nuts passed.

17. Guests leave table and have coffee and cigarettes served in the drawing-room or the living-room. For large dinners the gentle-

men remain in the dining-room or go to the library for their coffee and cigars, while coffee is served to the ladies in the living-room or drawing-room.

After Dinner Coffee—After dinner coffee is seldom served at the table. There are two ways in which it may be served in the living-room or drawing-room. The butler or maid may bring in a large tray on which are arranged the small size after dinner coffee cups, the sugar, and if you wish, cream. The cups and saucers may be of the same pattern as the rest of the dinner service, or entirely different, and if in color, they may harmonize with the color scheme of the drawing-room or living-room. The butler may then pour the coffee or the tray may be placed on a low coffee table before the mistress of the house, so that she may have the pleasure of serving coffee to her family and guests. The latter service, though more informal, is charming where there is only a small dinner party of six or eight.

The Water Tray—There is just one more function that adds to the nicety of a formal dinner and that is the appearance in the living-room or drawing-room at about ten o'clock (before any of the guests are ready to leave) of the butler or maid with a tray of iced water. The glasses may be filled in the pantry and brought in on a tray, or if you prefer, the empty glasses and a pitcher of iced water and a syphon of carbonated water may all be on the tray. In the latter case the guest has a choice and is served according to his desire.

The Butler's Clothes—After six o'clock the butler should be dressed in black trousers, black vest, black tail coat, stiff white shirt, white standing collar and white lawn tie.

For serving a formal lunch he wears black trousers with a gray stripe, high black waistcoat, swallow-tail coat and a black four-in-hand tie.

For breakfast he wears a black sack suit with a black tie. In less formal households or in warm weather a black alpaca coat with black trousers is permissible. He should never wear a soft collar or colored shirt or tie.

The Waitress's Uniform—In many households the waitress, the parlor-maid and the chamber-maid use the same uniforms. After four o'clock deep plum color, deep green and gray replacing the lighter uniforms worn earlier in the day are suitable, but black is used more frequently than the colors. In New York today the waitress's and parlor-maid's uniforms are often selected to suit the color scheme of the dining-room. However, if there is a butler, black is the best choice for the waitress's uniforms. If the serving is done by a waitress and a chamber-maid, the uniforms may be blue, gold, brown or any tone to suit the color scheme.

The aprons for the afternoon are of sheer organdie, rather small and with shoulder straps and a simple bow. They may be trimmed with tucks, folds, or hemstitching. The collars and cuffs are made to match and the stiff plaited frill worn across the forehead is secured by a velvet band tied in an inconspicuous knot in the back. This uniform is put on before four o'clock to serve tea and dinner and for a formal luncheon.

In the morning the waitress, parlor-maid and chamber-maid may again be dressed alike in light gray or some other light color with larger aprons. Although the chamber-maid may wear pinks and blues with a bib apron it is not permissible for a waitress to do so. It is quite as important to have the shoes and stockings correct as the apron and cap. They should be chosen to harmonize with the uniform wherever possible. For instance, with a gray uniform the stockings should be gray and the slippers gray suede or black kid. With a black uniform, of course, black slippers are worn and the stockings should be either black or gunmetal. Neither waitress nor parlor-maid should wear any jewelry other than small pins for collar and cuffs.

THE INFORMAL DINNER

In this strenuous age, there is every temptation to hurry through our meals with an eye on the clock or to make the meal hour a time for planning an important enterprise. The meals at home, whether with or without guests, should invite repose and freedom from nerve tension in simple quiet surroundings and so become a most important medium of social intercourse. For this, attractive service is as important as care in preparation. Informality in meal service means dropping all ceremonious procedure and conventions that do not make for complete relaxation. It also usually means the orderly service of a meal without the aid of a trained waitress. Children, even the younger ones, can so easily be trained to wait on table and the tea wagon can be a veritable "butler on wheels" for the hostess who is serving the meal herself.

Suggested Menu—

Cream of Tomato Soup
Toasted Bread Rounds
Broiled Steak — Mashed Potatoes
Creamed Cauliflower — Buttered Carrots
Lettuce and Orange Salad
Paprika Crackers
Caramel Bread Pudding
Coffee

Table Accessories—For convenience let us consider serving the informal dinner menu given on p. 218 to a family of six. The following table accessories will be needed:

Linen

1 damask cloth	6 napkins

China

6 service plates	6 salad plates
6 cream soup cups and saucers	6 coffee cups and saucers
6 dinner plates	1 platter
	3 vegetable serving dishes

Glassware

1 flower bowl	1 water pitcher
1 pair candlesticks	1 cracker plate
6 bread and butter plates	6 sherbet glasses and plates
6 goblets	1 butter dish
2 pairs salts and peppers	1 plate for toasted bread rounds

Silverware

6 cream soup spoons	1 bread plate
6 dinner forks	4 serving spoons
6 dinner knives	1 carving knife and fork
6 salad forks	1 creamer
6 bread and butter knives	1 sugar bowl
6 teaspoons	1 sugar shell
6 dessert spoons	1 butter pick

Setting the Table—In setting the table, lay the silence cloth, and over it a well laundered damask table-cloth. The table-cloth should fit the table, that is, it should fall evenly about eight or ten inches below the edge of the table, with the center fold exactly in the center of the table. If monogrammed, have the monogram a little above and to the right of the hostess's cover. A growing plant, or a centerpiece of flowers to harmonize in color with the meal itself adds to the enjoyment of the meal. It should be so arranged that an unobstructed view may be had across the table. Candles on either side of the centerpiece lend a cheerful note to an evening meal or to a mid-day dinner on a dark day.

Service plates are useful at an informal dinner, in protecting the table-cloth and in removing the soup course. Lay them first to mark the position of the covers, and place them one inch from the edge of the table. Next lay the silver which includes for this meal, a soup spoon, dessert spoon, knife, salad fork and dinner fork. The sequence for placing all spoons, forks and knives is from the outside

in toward the plate in the order in which they are to be used—all placed in a straight line. Place the knife at the right of the service plate, one inch from the edge of the table with the cutting edge toward the plate. Place spoons, with the bowls facing up, at the right of the knife, and forks at left of the plate, tines turned up. Place the water glass at the point of the knife and the bread and butter plate at the tip of the fork. Place the butter spreader on the butter plate parallel to the edge of the table with handle toward the right. The napkin, folded square, is usually placed at the left of the forks with the hem and selvedge parallel to the edge of the table and the forks, and with the open corner at the lower right hand side. If monogrammed, fold the napkin into thirds with the monogram on top. If the soup course is placed after the family is seated, the napkins may be placed on the service plate. Individual salt and pepper shakers are placed above each cover or one set between two covers in a line parallel to the edge of the table and in line with the glasses. If large salts and peppers are used, they may be placed as above or diagonally if preferred. If open saltcellars are used, place the salt spoon across the top of the cellar or on the cloth beside it. Just before dinner is announced fill the glasses three-quarters full of water. Have the water pitcher filled and placed either on the table or the serving table. Place individual pats of butter on each butter plate. Put the first course on the table unless it is soup, which some prefer to place after the family is seated. Light the candles. Set a chair at each place with the front of the chair just touching the edge of the table-cloth. If jelly, or relishes are to be served, they may be placed now.

Seating the Family and Guests. If the hostess waits on table, she should sit at the end of the table nearest the kitchen. The host sits at the opposite end. If a member of the family serves, he or she should sit near the kitchen. Generally the woman guest of honor sits at the host's right and the man guest of honor at the hostess's right.

Serving—Pass, serve, place and remove everything from the left except beverages and extra silver which are passed or placed at the right from the right.

1. When the family is seated, serve the soup, bringing in two filled soup dishes at one time. Use the serving table for one while placing the other with the left hand. If the hostess waits on table, she serves the person to her right first and so on around the table. If another member of the family serves, the hostess is served first, then to the person at her right, and so on around the table.

2. Pass toasted bread rounds to hostess or person at her right as the case may be with the suggestion, "Please help yourself to the bread rounds and pass them."

3. Remove the plate of toasted bread. Then beginning with hostess or person at her right as the case may be, remove soup and service plate with the left hand, change it to right hand and remove soup and service plate of person to right with left hand, and then take the two soup services to the kitchen at one time. So on around table.

4. Place six hot plates in front of host, left side, left hand. Place carving fork left, carving knife and serving spoon at right. Place meat platter in front of host. Place serving dishes containing carrots and potatoes with a serving spoon beside each at right or left of host. Place serving dish containing cauliflower in front of person at host's right.

5. Host serves meat and vegetables, passes filled plate to person at right who serves cauliflower. Filled plate passed to hostess. Second plate goes to person at her right and so on around the table. If desired, the vegetable dishes may be passed from one to another, each helping himself. The host serves himself last.

6. Relishes, butter and bread should be passed as the toasted bread was for the soup course. See 2.

7. If salad is served with the meat course it may be placed at the right of the plate unless a beverage is also served with main course, when the salad should be placed at the left.

8. Remove meat platter, vegetable dishes, serving silver, relishes, etc.

9. Remove dinner plates as in soup course.

10. Serve individual salads in same manner as soup course. Or place filled salad bowl and salad plates before the host to be served and passed as in meat course. See 9.

11. Serve toasted crackers in same way as toasted bread in soup course.

12. Remove from each cover in same order as in soup course, the salad plate (left hand) and bread and butter plate (right hand) clearing the place all at once.

13. Remove salts and peppers and any unused silver, using a small tray.

14. Remove crumbs, using a napkin and a plate. Refill glasses if necessary.

15. Place tray with coffee cups, saucers and spoons in place (in serving have handles of coffee cups and handles of spoons parallel and placed toward right), also cream and sugar, before hostess from left side. Place coffee pot at right of hostess. Hostess serves coffee to person at right and so on around table (adding cream and sugar according to individual taste) while dessert is being served by some other member of family.

16. The bread pudding may have been previously arranged in sherbet glasses in the kitchen. Bring two in at a time and serve, as in soup course. Or place dessert plates before host from left side. Place serving spoon at right of host. Place casserole containing bread pudding above dessert plates. The host serves the dessert first to the hostess, then to the guest at her right and so on around table.

17. If the hostess is waiting on the table and serving the dessert, both dessert and coffee may be brought in on a tea wagon, the dessert being served first and the coffee next. The hostess always serves the guest at her right first and then so on around the table.

18. If coffee is poured in the kitchen, two filled cups may be brought in at a time, arrange on saucers with the spoons in position on the saucers. Place in same order as all other courses. Sugar and cream may be passed, or placed on table and passed from one to another.

If an informal dinner is being served with the help of one maid, she may serve and remove the soup course as described above and in the same order. The maid passes the toasted bread. In serving the main course the maid places the meat, vegetables and serving silver before the host. The maid then stands behind the host at his left. She brings two plates from the serving table and places one before the host, who fills it. The maid then removes the filled plate with the left hand and places the empty plate before the host with the right hand. The maid carries the filled plate to the hostess; she takes an empty plate from the service table and proceeds as above. If you prefer, the host may serve the meat only, the maid passing the vegetables in serving dishes to each person in turn after she has placed the dinner plates, with meat on them before each guest. The maid passes bread and relishes and keeps glasses and butter replenished. She serves and removes the salad as described above. If the host or hostess are serving dessert, the waitress can assist in serving just as in the meat course.

The Useful Tea Wagon—The tea wagon as a "butler on wheels" can very ably assist the hostess in serving an informal dinner such as that described above, if no maid is available. When the soup course is completed, remove the soup dishes and service plates to the tea wagon and roll it quietly to the kitchen. Then arrange the salad and dessert with the plates for both on the lower shelf of the tea wagon. On the top shelf place the warm dinner plates, the meat in its platter and the vegetables in serving dishes. When the meat course is completed, remove the salad course to the top shelf of the tea wagon. Then arrange the platter, vegetable dishes and used dinner plates on the lower shelf. With care, without removing the silver, the dinner plates may be quietly piled on each other in

twos or threes. Save a place for the salad bowl and plates when that course shall be finished. Serve the salad as in "10" on page 221. When the dessert is served, the salad bowl may change places with the serving dish containing the dessert on the tea wagon.

THE FORMAL LUNCHEON

The service of a formal luncheon differs very little from the correct service for a formal dinner. In the household where such service is a matter of daily routine, there is little to be added when the family is augmented by guests, or when there is a special luncheon. The chief differences between luncheon and dinner are in the setting of the table and the menu rather than the service. The silver must be as bright, the glass as sparkling, and the linen as immaculate, no matter what the meal.

Suggested Menu—

Melon Ball Cocktail
Cream of Pimiento Soup — Bread Sticks
Olives — Radishes
Fillet of Beef — Mashed Potatoes
Buttered Asparagus Tips
Romaine Salad
Thousand Island Dressing
Horseradish Sandwiches
Frozen Pudding — Small Cakes
Coffee

Table Accessories—For convenience let us consider serving the typical formal luncheon menu given on this page. The following table accessories will be needed:

Linen

2 long runners of linen and lace
6 napkins of linen, lace trimmed

China

6 service plates—10″
6 cream soup cups and saucers
6 luncheon plates—8″
6 salad plates—7″
6 octagonal dessert plates—8″
6 demi-tasses
(6 bread and butter plates—5″—if needed)

Glass

6 goblets
6 low compotes for fruit on 7″ plates
6 finger bowls on 6″ plates

Silver

6 fruit compote spoons
6 cream soup spoons
6 luncheon forks and knives
6 salad forks
6 dessert forks and knives
6 demi-tasse spoons

Setting the Table—As with the dinner, the setting of the table is the first important item to consider. Damask is not used for lunch. The bare table with a centerpiece and doilies, or if the table is a long one, one or two runners of lace, or linen and lace are correct. If the centerpiece and doilies are used they may be round, square, or oblong, they may be all lace, all linen, or a combination of lace and linen. The runners for a refectory table, either one wide one or two narrow ones cover only the top of the table and do not quite reach the edges at the sides, though they hang over the ends. Frequently in setting a refectory table there are no places set at the ends, only at the sides.

Placing the Silver—After the service plates are in place the flat silver is laid. To the left of the plate should be the luncheon fork and the salad fork, the latter inside next to the plate as it is not needed until after the luncheon fork has been used. To the right of the plate is the luncheon knife, the cream soup spoon and at the right outside, the spoon for the fruit cocktail. As with the dinner, the dessert spoon and fork are served with the dessert.

The Glass and the Napkin—The water goblet is placed above at the point of the knife. The lunch napkin is quite different from the damask dinner napkin. It is a large square of varying size which is folded and creased into a regular square. When put on the plate, it is first folded diagonally, leaving the monogrammed or decorated corner on top. The folded corners are then tucked in at either side and the napkin placed on the center of the service plate with the point down.

The hour for luncheon varies in different localities, but one-thirty is fashionable as it leaves plenty of time in the afternoon for bridge, or if no other entertainment is to follow, all the guests can be away by three o'clock, leaving the rest of the afternoon free.

Serving the Luncheon—When the guests are all present and the servants have everything in readiness, the waitress or butler goes to the living-room, or drawing-room, or wherever the guests are assembled, and bows and announces "Luncheon is served." The service for luncheon proceeds as was indicated for the formal dinner.

1. Melon cocktail in glass compote on glass plate is placed on service plate from the left.

2. Glass compote and glass plate with fruit spoon removed with the left hand in the same manner as soup course described fo formal dinner.

3. Cream soup cup and saucer placed on service plate from the left. Bread sticks passed.

4. Cream soup cup and saucer with cream soup spoon and service plate removed from the left and

5. Luncheon plate put in place. Meat and vegetables served from the left.

6. Luncheon plate with luncheon knife and fork removed from the left and

7. Salad plate which has been filled in pantry put in place. Sandwiches passed.

8. Salad plate with salad fork removed.

9. Dessert plate and dessert spoon and fork put in place. Dessert served from the left and small cakes passed.

10. Dessert plate with dessert spoon and fork removed from the left and

11. Glass finger bowl on small glass plate put in place.

Coffee and cigarettes are served in the drawing-room as was described in detail at the close of the formal dinner.

Some people prefer to use bread and butter plates even at a formal luncheon as hot bread is often served. They should be placed to the left above the forks. The silver butter knife is placed on the plate at right angles to the other silver, that is, parallel with the edge of the table.

THE INFORMAL LUNCHEON

There is no more charming way of entertaining one's friends informally than at the luncheon hour—particularly if an afternoon of bridge is to follow. Such a luncheon is usually composed of women, as men are rarely available at this time of day. The popular hour at which such a luncheon is served is from one to two o'clock and although invitations may be sent, it is quite proper now to give the invitation over the telephone.

Suggested Menu—

Fruit Cocktail

Creamed Lobster Broiled Mushrooms

Buttered Peas

Ripe Olives Watermelon Pickle

Hot Baking Powder Biscuits

Lettuce and Celery Salad—French Dressing

Toasted Rounds of Bread

Coffee Soufflé Small Cakes

Candy Tea Nuts

Table Accessories—For convenience let us consider serving the typical formal luncheon menu given above. The following table accessories will be needed:

Linen

1 luncheon set

China

6 service plates
6 bread and butter plates
6 luncheon plates
6 salad plates
6 tea cups and saucers
1 flower bowl
2 vases
1 plate for toasted rounds of bread

Glassware

6 fruit cocktail glasses and plates
6 sherbet glasses and plates
6 goblets
2 compotes
1 water pitcher
1 plate for sliced lemon
1 plate for baking powder biscuits
1 cake plate
1 hors d'oeuvre dish
1 butter dish

Silverware

2 pairs salts and peppers
6 luncheon forks
6 salad forks
6 fruit cocktail spoons
6 dessert spoons
6 teaspoons
1 creamer
6 bread and butter knives
1 sugar bowl
1 sugar shell
1 butter pick
1 lemon fork
1 olive spoon
1 pickle fork

Setting the Table—One large table or several small tables may be used for such a luncheon. They should be laid with a luncheon set consisting of a centerpiece and doilies, with a luncheon cloth or with a runner and place doilies. In selecting the centerpiece, particularly if the table is rather long and six or more covers are being set, it is attractive to arrange a smaller vase of flowers on either side of the centerpiece. Small dishes or compotes of candy and salted nuts placed in positions symmetrical to the centerpiece complete the table decorations. For an informal luncheon there is no call for place cards. However, if used, they should be small, plain white cards with the guest's name written on them. Decorative place cards should only be used for feature luncheons. Place cards may be placed on the napkin at the left of each cover, or laid against the water glass. If they are designed to stand by themselves, they may be placed one above each cover. Candles are not generally used at luncheon, unless the room is rather dark and artificial light is needed.

Let us presume that an informal luncheon for six is arranged, following the menu given on page 225. The general arrangement of each cover as to the placement of the bread and butter plate, water goblet and service plate conforms with that given for an informal dinner on page 218. However, since no knife is needed for this menu, the two forks, one for the main course and one for the salad course, are placed at the right of the service plate with the luncheon fork on the outside. In placing the luncheon napkins, which in buying vary in size from fifteen inches to eighteen inches, fold them in three cornered shape. Place one at the left hand side of each service plate with the long edge parallel with the fork. Salts and peppers are placed as for informal dinner. If individual nut dishes are used, they are placed, already filled, one at the top of each service plate.

Just before luncheon is served, butter balls are placed on the bread and butter plates, the glasses are filled and the fruit cocktails arranged in sherbet glasses on a doily on a small plate, with the spoon in position, are placed on the service plates. The hostess enters the dining-room first and unless there are place cards, she directs the seating of the guests with the guest of honor at her right.

Serving—If one has the help of a waitress or a friend who has volunteered to act as waitress to assist in serving the luncheon, the following procedure may be used. Pass, serve, place and remove everything from the left except beverages, and extra silver which are passed or placed at the right from the right. Always start with the hostess in serving and removing, then the person to her right and so on around the table. If the hostess is serving, she serves the person to her right first and then on around the table.

1. When the fruit cocktail course is completed, remove the sherbet glass and plate with the left hand from the left side and place on serving table, leaving service plate in position. Repeat and then take two plates to kitchen at one time.

2. Arrange the main course which includes the Creamed Lobster broiled mushrooms and peas on the required number of luncheon plates in the kitchen. Carry two to dining-room. Use the serving table for one while placing the other. Remove service plate (right hand), place luncheon plate (left hand) from left side. Place service plate on serving table. Repeat until all are served.

3. Pass tea biscuits in same order as main course.

4. Pass relishes in same order as main course.

5. Remove luncheon plates in same order as fruit cocktail service.

6. Arrange salad on individual salad plates. Bring two to dining-room at one time. Use the serving table for one while placing the other with the left hand. Repeat until all are served.

7. Pass toast rounds.

8. Remove from each cover, the salad plate (left hand) and bread and butter plate (right hand), clearing the place all at once.

9. Remove salts and peppers and any unused silver, using a small tray.

10. Remove crumbs, using a napkin and a plate. Refill glasses if necessary.

11. Arrange dessert in sherbet glasses on plates, with dessert spoons in place. Serve same as salad course.

12. Pass cakes.

13. Bring two filled tea cups to dining-room at a time. Have the handle of cup and spoon parallel and to the right. Use the serving table for one while placing the other with the left hand. Repeat until all are served.

14. Pass cream, lemon and sugar.

15. Pass candy and nuts.

Instead of filling the luncheon plates in the kitchen the following procedure may be used for the main course, the rest of the luncheon being served as above.

1. In removing the fruit cocktail course remove the entire course including service plate (right hand) and place hot luncheon plate (left hand).

2. Pass Creamed Lobster, broiled mushrooms and peas in turn (left hand, napkin under dish), each arranged in a serving dish with the serving silver in place.

To simplify still further the steps outlined above for serving an informal luncheon, the hostess, especially if she is waiting on the table herself, may remove the plates two at a time to the kitchen without using the serving table at all. The same is true in bringing the filled plates to the dining-room. In this way, many steps to and from the serving table are eliminated. Likewise if preferred in serving the main course or dessert, several servings may be brought from the kitchen to the serving table on a tray and then passed. Or a tea wagon may be used.

Some hostesses too, in planning such an informal luncheon, prefer to serve the main course and dessert at the table. In this event, when the fruit cocktail course is removed, remove the entire course, including the service plate, with the left hand, transfer it to the right and remove the entire course from the next person in order, taking

the two to the kitchen at one time. Then place the required number of hot luncheon plates as well as the main course arranged in serving dishes before the hostess. Also place the hot biscuits and the relishes on the table. The hostess serves, passing a filled plate first to the person at her right and so on around the table. The hot biscuits and relishes are passed by persons at the table. If dessert is served at the table by the hostess, follow the same general directions as suggested in "16" on page 222 of the informal dinner. If dessert is served in this way, it is sociable to have one of the guests pour the tea at the table, following the procedure outlined in "6" of the family luncheon directions which immediately follow.

An Informal Family Luncheon—If luncheon is to be a family gathering, it is usually quite simple and frequently consists of only two or three courses. Fruit cocktails and soups are rarely served at such a luncheon unless the latter is substantial enough to serve as a main dish. If the host is not present, serving at the table is done by the hostess or another member of the family.

The setting of each cover at the table at such a luncheon is much like that for the informal dinner (p. 218) but for the fact that service plates are not used. Just before luncheon is announced, the setting of the table is completed as follows:

1. Fill the water glass three-quarters full of water.

2. Place a butter pat on each bread and butter plate.

3. Place the relishes, if there are any, on the table.

4. Place the plate of hot bread or rolls, covered with a napkin to keep them hot, on the table. Place individual salads, one at left of every cover.

5. Place the hot luncheon plates at the hostess' cover.

6. If tea is to be serves with the main course, place the tea service, including the teacups and saucers with spoons in place (have handles of teacups and handles of spoons parallel and placed toward right), also lemon, cream and sugar and filled teapot before some member of the family.

7. Place the main dish with serving silver in place before the hostess.

8. The hostess serves the main dish on the hot plates. The first plate is passed to person on hostess' right and so on around the table.

9. The rolls and relishes are passed by those at the table.

10. The tea (or cocoa, if preferred) is poured and passed by those at the table.

11. In removing the main course, remove the platter from the left side with the left hand. Remove bread plate. Remove relishes. Remove tea service.

12. With left hand remove luncheon plate from hostess' cover or if hostess is acting as waitress, remove that of person to her right. Transfer plate to right hand. Remove salad plate with the left hand and place on luncheon plate in right hand. Remove bread and butter plate with left hand; place on luncheon plate. Then transfer plate to left hand and remove the teacup and saucer with the right hand. Place on serving table. Remove cover of next in turn and then carry both to the kitchen. (This method of clearing each cover may be followed for an informal family dinner.)

13. Place dessert plates before hostess with serving silver in place. Place serving dish containing dessert, above dessert plates. The hostess serves the dessert and passes the first filled plate to the person on her right and so on around the table. If cakes are served, pass from one to another at the table.

THE FORMAL BREAKFAST

There are so many delightful ways to serve breakfast that it is only a question of selecting the one which fits the needs of the family and household. Where there is more than one servant this meal may be served in a formal way in the dining room or breakfast room. There is also the English style, where the guest or the family find hot dishes and the other essentials for breakfast ready to be served at any time from the sideboard. In any case the same care must be exercised to have the linen perfectly pressed, the silver properly polished, and the china and glass sufficiently pretty and colorful to make breakfast an ideal start for the day.

Suggested Menu—

Grapejuice
Hot Cereal
Omelet and Sausages
Whole Wheat Muffins
Coffee

Table Accessories—For convenience let us consider serving the typical formal breakfast menu given above. The following table accessories will be needed:

Linen

1 linen runner and
6 doilies
6 napkins—14″ square

Glass

6 water beakers
6 small beakers for fruit juice

China

6 place plates
6 bread and butter plates
6 bread and butter plates (under fruit juice glass)
6 oatmeal bowls and plates
6 breakfast plates
6 coffee cups and saucers

Silver

6 breakfast knives and forks
6 butter knives
6 oatmeal spoons
6 coffee spoons

Setting the Table—Each individual service includes, on the oblong doily, the place plate, the breakfast fork to the left, the breakfast knife and the cereal spoon to the right. If the fruit served needs a spoon, that spoon may be placed to the right of the cereal spoon. The bread and butter plate is placed to the left above the fork and the water beaker to the right above the point of the knife. The butter knife is placed across the bread and butter plate at the back parallel with the edge of the table with the handle to the right.

Serving the Breakfast—The manner of service is the same as that previously described. Each plate and each service of food is handed from the left by either waitress or butler.

1. The fruit course, in this case a small beaker of fruit juice on a small china plate, is set on the place plate. (A glass plate of the same size could have been used under the beaker.)
2. Fruit glass and plate removed with the left hand and
3. The cereal bowl and plate placed with the right hand.
4. Cereal bowl and plate with cereal spoon and place plate removed with left hand and
5. Hot breakfast plate is placed with right hand. Main course arranged on serving dishes with silver in place is served from the left.
6. Hot bread or rolls passed.
7. Coffee cup and saucer with spoon parallel with handle of cup is placed at the right.

English Service—Many people in this country have adopted the breakfast service that is so popular in England. Each member of

the family breakfasts when he wishes with a minimum amount of trouble to the servants. The table, usually covered with a damask cloth, and with small size damask napkins at each plate, is only partially set, for almost all of the china is on the sideboard. The flat silver is in place, the water goblets, and, listed among the necessities, the jar of orange marmalade.

Hot Water Dishes—On the sideboard are the hot water dishes and the coffee and tea. These steam dishes are an excellent idea when the food is such that it does not matter if it has been standing for some time. Scrambled eggs and sausage cakes or creamed codfish may be served. The spirit lamps keep all of the dishes hot, so that the hour for breakfast need never be arbitrarily fixed. Also on the sideboard are the necessary plates and cups and saucers. In some houses one also finds there a choice of cereal as well as a choice of fruit. That leaves but one essential to come from the kitchen, the toast, the popovers, or the muffins. Although this service is not suited to all houses, there are many good points in it that can well be included.

THE INFORMAL BREAKFAST

Breakfast in an informal setting with or without a guest provides a restful beginning to a busy day. It brings the whole family together and discourages the hasty bolting of a "bite" and a hurried departure to work by individual members of the family.

Suggested Menu—

Grapefruit
Ready-to-Serve Cereal Cream
Scrambled Eggs Broiled Bacon
Muffins Coffee

Table Accessories—For convenience let us consider serving the typical informal breakfast menu given above. The following table accessories will be needed.

Linen

1 linen breakfast cloth or
1 linen runner and 6 doilies
4 small napkins

Glassware

4 goblets
1 water pitcher
2 pairs salts and peppers

China

4 tea plates	1 serving platter
4 bread and butter plates	1 muffin plate
4 fruit plates	1 butter dish
4 cereal dishes	1 fruit bowl
4 breakfast plates	3 coffee cups and saucers

Silverware

4 breakfast forks	1 serving spoon
4 breakfast knives	1 serving fork
4 bread and butter knives	2 creamers
4 cereal spoons	1 sugar bowl
4 fruit spoons	1 sugar shell
4 teaspoons	1 butter pick

Setting the Table—There are many attractive linen breakfast cloths in pastel shades, as well as runners and place mats in white, or embroidered or in colors which are charming on the informal breakfast table. The napkins are small and match the table-cloth.

For the center of the table, there is nothing more refreshing than a bowl of fresh fruit, although a few flowers or a simple plant do just as well.

Let us presume that we have selected the breakfast menu suggested on page 232 and our family numbers four. In arranging the covers, follow the general directions given for the informal dinner on page 218. At each cover, place a tea plate which acts as a service plate, with the breakfast fork on the left and the breakfast knife and cereal spoon on the right. The napkin arranged as for the informal luncheon is placed at the left of the fork with the long edge parallel to the fork. The bread and butter plate, bread and butter knife and glass are in their usual position. Just before breakfast is served, arrange the halves of grapefruit on fruit plates with the spoon in position and place one on each tea plate. Place a butter ball or pat of butter on each bread and butter plate and fill the glasses.

Serving—Follow the same general order of passing, placing and removing everything from the left except beverages and extra silver, which are passed or placed at the right from the right. Let a member of the family do the necessary waiting on table, if possible.

1. When the grapefruit course is completed, remove grapefruit plate with the left hand, (leaving the tea plate,) change it to the right hand and remove grapefruit plate of person to right with left hand, thus taking two plates to the kitchen at one time. So on around the table.

2. Bring in two filled cereal dishes at one time. Use the serving table for one, while placing the other with the left hand. Repeat until all are served. Or bring all filled cereal dishes in on tray and distribute as usual.

3. Place cream and sugar on table with request, "Please help yourself to the cream and sugar and pass them."

4. When the cereal course is completed, remove the cereal dish and tea plate from one cover with left hand, change it to the right hand and remove cereal dish and tea plate of person to right, with left hand, thus taking two cereal services to the kitchen at one time. So on around the table.

5. Place cups and saucers with spoons in place, cream and sugar, before hostess from left side. Place coffee pot at right of hostess. Hostess serves coffee while main dish is being served by host. The cups, saucers, cream and sugar may be in place at beginning of the meal if desired, likewise the coffee pot if it is of the percolator type and there is an outlet near the dining table.

6. Place required number of hot breakfast plates in front of host, left side, left hand. Place serving fork at left, serving spoon at right.

7. Place platter of scrambled eggs and bacon in front of host, left side, left hand.

8. Place plate of muffins on table with same request as in passing cream and sugar. With an electric toaster, the toast may be made at the table.

9. Place butter dish on table.

10. Refill water glasses.

11. Host serves main dish and passes filled plate to hostess, then to guest at right and so on around table, serving himself last.

If the family does not have time for three courses at breakfast, the cereal may be arranged in the individual cereal dishes and placed above each fruit plate, before the family sits down. Then when the grapefruit course is completed, each person exchanges the grapefruit plate for the cereal dish.

Some families still like to have the cereal course served at the table, the serving dish with serving silver being placed before the host together with the cereal dishes. The sugar and cream are passed as usual.

The Breakfast Tray—It is becoming more and more a custom when one has guests to serve breakfast on a tray. A tired guest will surely appreciate this little attention. You may serve on the tray the same food that you would serve at the table and it will take no

longer to set the tray than an extra place at the table. To save time in the morning, set the tray with the linen, china and silver the night before. Then in a few moments it is ready to take in.

The tray may be quite simple or more elaborate, but select one large enough to accommodate the dishes without being crowded. Select a tray cloth that will fit the tray with a napkin to match. One needs, of course, a small coffee or teapot, a cream pitcher, a sugar bowl, a coffee cup and saucer, a cereal dish, a fruit plate, a breakfast plate, an egg cup and a covered dish to keep the bread hot. If possible, add a flower or a spray of blossoms in a small vase to add to the enticing appearance of the breakfast tray. Have you ever had a tray dinner or supper in warm weather? With a set of trays this is quite simple. Let the family serve themselves, cafeteria style, then join the group on the porch or lawn to eat. It simplifies meal service.

BUFFET MEALS

Buffet service is very popular because it does not limit the number of guests to those we are able to seat at the tables. Luncheons, evening collations, Sunday night suppers, and wedding breakfasts may all be served in this manner. At a large affair, the guests usually partake of refreshments standing. If there is room, small tables may be arranged here and there about the rooms, to invite small groups of the guests after they have been served. More often however, the plate must be held in the lap. At wedding affairs, the bridal party may be seated and the guests served in buffet style.

Setting the table—The dining table in buffet service, is of course, the center of attraction. It should be covered with attractive table linen, and set with flowers, candles, silver, linen and china. If no tables are provided for guests, the menu must be so planned that knives, sherbet glasses, goblets and the like are not needed. Furthermore, all breads should be buttered beforehand. Generally it is well to limit the menu to two courses. The main course may consist of one or two hot dishes, a variety of relishes, sandwiches or hot breads, and a cold dish such as a salad. Or a substantial salad may be the main course. One or two desserts such as ice creams, gelatine dishes or shortcake may be selected.

Informal Buffet Service—At a very informal buffet meal, there is no maid service and those present serve themselves to the various foods. In this case, the necessary china, and silver, as well as the food for the first course, are already attractively arranged on the dining table when the guests come into the dining room.

The coffee or tea service may also be on the table. Sometimes both are served. Or it may be on a smaller table or even brought in

from the kitchen already poured. The hostess asks each guest to help himself to a plate, then to the various foods and lastly to the silver, linen and beverage. For dessert, the table is cleared and set with the dessert dishes and necessary silver. The guests place their soiled main course dishes on a service table, or if the room is large enough on small tables placed conveniently, and then help themselves to the dessert.

Semi-Informal Buffet Service—Some people are reluctant to serve themselves, and so it is easier for the guests and hostess, too, to have the serving done by friends. To illustrate, one friend may serve the hot dish, another the salad, and another pour the beverage, the guests still helping themselves to the breads, relishes, silver, linen, etc. If the room is large enough small tables may be covered with linen and such things as sugar, cream, pickles, or jelly and silver for serving placed on them. Soiled dishes may be placed on these, too. If preferred, the entire menu may be served from the kitchen, the dining room table being used for silver and napkins and the accompaniments such as relishes, breads, candies, etc. Of course, there should always be extra serving dishes filled, and ready to take to the dining room as needed. Also soiled dishes should not be allowed to accumulate in the rooms where the guests are being served, but removed as soon as possible. At evening functions the men may serve the women and then themselves and if there are servants, they can bring in the food and remove soiled dishes.

Formal Buffet Service—A formal buffet meal is usually selected when there is a large number of guests. In this case, the dining table is set with the first course arranged in serving dishes. Plates, forks, napkins for the main course and dessert are arranged on service tables at the sides of the room. Two friends of the hostess are seated at the dining table and each serves half the plates. Two or more waitresses pass the filled plates to the guests. To do this, the waitress brings an empty plate from the side table and places it before the woman who is serving. When the plate is served the waitress lifts the filled plate in the left hand and places the empty plate (in the right hand) in its place. Then the waitress goes to the service table and places a fork on the plate and a napkin under it and passes it to the guest. When all are served, the waitresses pass the rolls and the relishes. With the first course completed, the waitress clears the dining table of serving dishes used in the first course, and also removes the guests' plates. Then the dessert course is arranged on the dining table and served to the guests in the same manner as the main course. A tray with the filled coffee cups, spoons, sugar and cream may be passed. With this course completed, everything should be removed from the dining table but the centerpiece.

For a buffet spread for a large reception where people are coming and going during certain hours, all refreshments hot, cold and frozen are put on the table at once.

AFTERNOON TEA

The formal afternoon tea calls for card invitations and usually takes the form of a reception with tea poured in the dining room. The small afternoon tea, on the other hand, which is served quite informally, suggests a cosy gathering of a few friends around a tea-table in the living room and is often termed an "intimate tea." If your guests number only three or four, you can group them so near the tea-table that you, as hostess, can pass the tea, sandwiches, and cake with ease. If your guests number a dozen or more, your daughter, or a friend, may pour the tea, while friends assist in the serving or the guests approach the tea-table to be served. You may use either a tea-wagon or a rather low, medium-sized tea-table in serving the informal afternoon tea. The tea-wagon is a real helper, since it can be prepared in advance and wheeled into the place desired. The tea-table should be covered with a tea-cloth, while dainty doilies are generally used on a tea-wagon.

On a large tray, group the tea service, except the teapot, the necessary small tea plates, cups, and spoons, and place on the tea-table or wagon. To make the serving of the tea as convenient as possible, have the teapot at the right of the one who is pouring, and the fruit, sugar and cream in front. If a hot water kettle is used, it should be placed in the same position as the teapot. And if a tea ball is used have it only two-thirds full, so that the leaves will have room to swell. Be sure there is a small plate for holding the tea ball after it has been used. The cups and saucers should be at the left in piles of two cups and saucers. The spoons may be on the tray or arranged on the tables. The tea napkins, folded and arranged in a neat pile, may be placed on the tray or table or lower shelf of tea-wagon. If desired, it is perfectly good form to place the teacups directly on the tea plate rather than to include the use of the saucer. The sandwiches and cake should be placed on the table unless you possess a muffin stand, which proves a most welcome helper in passing more than one or two cake and sandwich plates at one time. No tea-table is complete without a few flowers, simply arranged, for they will add cheer and color to the occasion. In the winter months, lighted candles may be used.

With the tea-table and its accessories arranged in the living room, the piping hot tea, sandwiches, and cakes can be brought in when the guests are ready to be served. Some hostesses prefer not to bring in the tray containing the tea service, including the hot tea, until the tea is to be poured. Either form is correct. If one

has a maid, she brings in the tray, but gives no other service except to replenish supplies if necessary. You, as hostess, should preferably never leave the room after callers arrive; rather, call upon a daughter or friend to execute any small commissions which may seem necessary.

Hostesses ask us how to be sure that the tea will be piping hot when served. Fortunate, of course, is the hostess who owns a hot water kettle to be used over a flame or having an electric attachment. This may be placed directly on the tea tray and the tea made at the table. You will need a tea caddy and a tea ball or a perforated double teaspoon as added equipment in this case. If you do not own such equipment, make your tea in the kitchen at the last minute, pouring the boiling water from a tea-kettle over the tea leaves in your teapot. Then bring this to the table to pour. It is always well to have a pot of boiling water in such a service for the guest who has a special preference as to the strength of the tea. In pouring the tea for guests who number less than twelve, the hostess may invite their preferences as to sugar, lemon, or cream and prepare their tea accordingly. Of course, this is quite impossible with a large tea, in which case friends pass these "flavorings."

Every one knows how much more intriguing the cup of tea appears if served with clove-trimmed slices of lemon, slices of orange, and cherries, maraschino or candied. These flavorings are old standbys. But there are also jasmine flowers and rose geranium leaves, which add new interest to a cup of tea. As for sweetening, we now have lump sugar in fancy shapes, rock candy in various colors of red, green, pink, yellow and white, red and white peppermint candies, to say nothing of fruit drops of lemon, orange, and lime flavor. Then there are the candied peels, grapefruit, orange and lemon, citron and ginger, as well as strawberries fresh and preserved, all making delightful additions to the cup of tea.

The accompaniments to a cup of tea may be very simple or more elaborate, but in any case they should be such as can be daintily eaten with the fingers. Tiny baking powder biscuits, thin bread and butter sandwiches, toasted crackers, dainty filled sandwiches, tiny frosted cakes or very thin slices of fruit or pound cake are a few of the possibilities. The plates on which these are served should always be covered with doilies. Then there are salted nuts, bonbons, etc., to complete the refreshments.

Jellies, Jams and Pickles

JELLIES AND JAMS

To some housekeepers the jelly season brings few problems, for long experience has taught them much of the jellies that "really jell." But new housekeepers eager to try their hand are hesitant. For them a few pointers now may save anxious hours later on.

Clear, tender, quivering jellies! Four ingredients in just the right proportions are necessary to their success. Fruit or fruit juice, fruit acid, sugar, and most important of all, that elusive substance called pectin. But, unfortunately, fruits vary in the amount of pectin and fruit acid they contain. Some have ample pectin, but too little acid. Others have sufficient acid, but too little pectin. Then, too, even those fruits which are usually rich in pectin vary from season to season and lose their pectin as they ripen. So if one purchased these fruits at just the right stage, they would jell—but if they were fully ripe or slightly over-ripe they would often fail to jell for lack of the necessary pectin. Furthermore, not many fruits have enough pectin to jell all the juice they produce, hence the oft-repeated instructions, "Boil twenty minutes before adding the sugar."

Such uncertainties as these our mothers and grandmothers had to meet every jelly season. And these same uncertainties explained why their jelly, made always with the same recipe, accuracy, and care, was a success one time and a failure the next.

But the housekeeper of today no longer needs to struggle with such uncertain results. All our favorite fruits—fully ripened and flavored—can be made into jelly without guesswork or wastage—with always the same perfect result. Anyone can make jams and jellies from any kind of fruit at any season of the year. For, after much research a way has been found to extract the pectin from fruits naturally rich in it, and so concentrate this pectin that it can be sold in liquid or powdered form all ready for use.

Strawberries, raspberries, blackberries, loganberries, pears, peaches, plums, pineapples, etc.,—in fact, all the fruits we grow or buy—can all be made into tender, full-flavored jellies that really jell, by using this new pectin product. Hazardous jelly making has been transformed into an all year round pleasure with success assured. Almost every grocer's shelf now carries a supply of concentrated pectin. Very carefully tested instructions for the use of this pectin in making all kinds of jellies and jams are given to the housekeeper with each purchase. And we cannot urge you too strongly to follow these directions *without change* if you wish to be assured of perfect results. The following recipe is typical of those which have been developed for the use of concentrated pectin:

CRUSHED STRAWBERRY JAM

4 cupfuls crushed strawberries
7 cupfuls sugar
½ cupful liquid pectin
¼ teaspoonful butter

About 2 qts. of strawberries will be needed. Wash them before hulling. Then crush them, a layer at a time, in a flat saucepan. Measure 4 cups. of the crushed fruit into a kettle, add the sugar. Mix thoroughly, place over a full heat, add the butter, and bring to a full rolling boil and boil hard for a period of 1 to 2 min. (Cook 2 min. in seasons when berries contain unusual amounts of water.) Remove from the fire, and add the liquid pectin, while stirring constantly. Then stir and skim the jam alternately during 5 min. in which it is allowed to cool. Then dip the mixture into clean hot sterilized jelly glasses up to within ½ in. of the top. Cover the hot jam at once with a thin film of hot melted paraffin. When cold add a second coating ⅛ in. thick of hot paraffin. Roll the glasses, so that the paraffin spreads up on sides of glasses. Cover, and store in a cool, dry place.

To Sterilize Jelly Glasses and Preserve Jars—In sterilizing jelly glasses and preserve jars, wash them in clean hot, sudsy water and rinse in hot water. Then cover with warm water, bring to the boiling point and boil 20 min.

To Prevent "Weeping" Jelly—The oozing out of the liquid in jellies is a natural process which can be controlled to some extent, but not entirely eliminated. A perfect paraffin seal limits this oozing to a few drops which collect between the jelly and the paraffin. But if the paraffin seal is imperfect, or broken, the liquid is drawn by capillary attraction and gathers on top of the paraffin. If, in filling the glasses, jelly is spattered on the sides of the glasses, if the paraffin does not completely cover the top of the jelly, if there are extreme changes in the temperature in the place of storage or if the glasses are jarred in handling, the seal between the glass and the paraffin may easily be broken, and "weeping" result.

Selected Recipes—

HARLEQUIN CONSERVE

25 yellow peaches
1 pound white grapes
1 orange
Sugar
10 red plums
1 pineapple
¼ pound blanched almonds

Wash all the fruit thoroughly. Pare the peaches, plums and pineapple and cut each fruit into small pieces. Halve the grapes

and remove the seeds, using a small pointed knife for the purpose. Slice the orange as thin as possible without removing the peel and cook all the fruit together over a slow fire until soft and well blended. Measure and allow ¾ cup. of sugar to each cup. of fruit. Cook very gently for 20 min.; then add the almonds, chopped, and continue cooking very slowly, stirring occasionally until the conserve is thick and clear. This may require 2 hrs. or longer. The fruit should be well blended with no one flavor predominating. Pour into hot, sterilized glasses and seal with hot paraffin when set. Store in a cool, dry place.

RHUBARB CONSERVE

3 cupfuls chopped rhubarb
1 orange
¼ pound blanched almonds
1 large pineapple
1 lemon
5 cupfuls sugar

To the chopped rhubarb add the pineapple also chopped, the juice and rind of the lemon and orange, the sugar, and the almonds. Place in a kettle and simmer gently for 1 hr. then pour into clean, hot, sterilized glasses (see page 240) and seal. The almonds may be omitted, if desired.

SPICED CURRANTS

6 cupfuls sugar
2 cupfuls vinegar
3 quarts currants
1 pound seeded raisins
1 teaspoonful salt
½ teaspoonful cloves
¼ teaspoonful allspice
¼ teaspoonful nutmeg

Combine the sugar and vinegar, bring to a boil and simmer gently until the sugar is thoroughly dissolved. Then add the cleaned washed currants and the seeded raisins which have been chopped fine. Boil 35 min. then add the salt, cloves, allspice and nutmeg. Boil 5 min. longer, then pour into clean, hot, sterilized jars (see page 240), adjust the rubbers and seal tight.

APPLE GINGER MARMALADE

4 pounds apples
4 pounds sugar
1 pint water
1 ounce green ginger
Grated rind of 4 lemons

Dissolve the sugar in the water. Chop the peeled apples and ginger fine. Add to syrup with the lemon rind and simmer slowly until the mixture looks clear, about 4 hrs. Pour into sterilized glasses, seal with paraffin and store in a cool dry place.

PEAR MARMALADE

8 pounds pears
4 lemons
½ pound preserved ginger
8 pounds sugar

Pare the pears and cut in small pieces. Add the sugar and simmer gently for 1 hr. Boil the lemons in water till tender, remove the seeds, squeeze the juice into the pears, and chop the peel very fine together with the ginger. Add to the pears and simmer gently for another hour or until transparent. Pour into clean, hot, sterilized glasses (see p. 240) and cover with paraffin when set. Store in a cool, dry place. This is delicious served with meat.

PEARS IN VANILLA SIRUP

Pears
Vanilla
Sugar
Water

Pare ripe pears and cut them in halves lengthwise. Cook in a heavy sirup made in the proportion of 2 cup. of sugar to 3 cup.s of water cooked until clear. When the pears are clear and tender, remove from the sirup and pack in jars. Boil the sirup down for a few minutes and flavor with vanilla, taking care not to use too much of the extract—just enough to give a faint, indescribable bouquet is sufficient. Then pour the sirup over the pears and seal. When serving, a maraschino cherry or a bit of preserved ginger may be placed in each half-pear, or one may use a home-preserved strawberry.

PICKLES

Selected Recipes—

CELERY SAUCE

24 ripe tomatoes
2 heads celery
8 large onions
2 red peppers
2 tablespoonfuls salt
1 pint vinegar
1 pound brown sugar

Clean the vegetables and cut them fine. Add half the vinegar first (you may not need it all), brown sugar, and salt, and boil slowly till tender about 1½ hrs. Put in hot, sterilized jars and seal while hot (see p. 240).

CHILI SAUCE

25 red tomatoes
6 red peppers
1 tablespoonful celery seed
1 tablespoonful whole cloves
1 cupful sugar
6 green peppers
12 onions
1 tablespoonful mustard seed
7 cupfuls vinegar

Peel the tomatoes and slice them. Add the peppers, seeded, and the peeled onions, all chopped fine. Then add the vinegar, sugar, salt, mustard seed, celery seed and the cloves, the latter tied in a muslin bag. Cook all together 1½ hrs. Remove cloves. Bottle in hot, sterilized jars and seal (see p. 240).

MY CHUTNEY

2 cupfuls preserved ginger with sirup
15 apples
9 green sweet peppers
2 chili peppers
3 cupfuls vinegar
10 bay leaves
1¼ teaspoonfuls whole allspice
¼ teaspoonful black mustard seed
¼ teaspoonful cloves
1 pound brown sugar
1 tablespoonful salt
1 cupful water

Cut the ginger in small pieces, pare and slice the apples thin, remove the seeds from the peppers and slice them thin. Place the allspice, mustard seed, bay leaves and cloves in a small cheese-cloth bag. Put all the ingredients together and boil gently until thick. Remove spice bag. Bottle while hot in hot, sterilized jars (see p. 240). Seal.

PICKLED ONIONS

½ peck small silver skinned onions
¼ teaspoonful cayenne pepper
4 teaspoonfuls cinnamon stick
2 teaspoonfuls chopped horseradish
2 teaspoonfuls cloves

Peel the onions. Place in a cold brine allowing ¼ cup. salt to every qt. of water and let stand 24 hrs. Drain and pack into clean, hot, sterilized jars (see page 240) with thin layers of the seasonings which have been combined. Fill the jars with boiling sirup made by cooking vinegar and brown sugar together until thoroughly dissolved, in the proportion of 1 gal. of vinegar to 1 qt. brown sugar. Adjust the rubbers and seal.

BEET RELISH

1 quart cooked beets diced
2 small onions
3 red peppers
2 teaspoonfuls salt
⅓ cupful prepared horseradish
2 cupfuls vinegar
¾ cupful sugar

Clean beets, cook until tender, then skin and dice them. Add the onions and seeded red peppers chopped fine, and all other ingredients. Simmer gently until the mixture is clear. Then pack into hot, sterilized jars, adjust the rubbers and seal (see p. 240).

GOOD HOUSEKEEPING INSTITUTE—
A Service for Good Housekeeping Readers

Those who use this book may do so with every confidence that all recipes, all directions, have been thoroughly tested in the laboratories of Good Housekeeping Institute. In fact, all material prepared by the Institute for Good Housekeeping readers has been developed in the Institute laboratories. It is information that for the most part can be obtained from no other source.

A Quarter Century of Service

The Institute is a service department conducted by Good Housekeeping for the benefit of the readers of the magazine. It was established twenty-five years ago and is now widely known not only in this country but in many countries. An aviator from Australia, a recent visitor to the Institute, said that before he left Australia he promised his wife that he would visit Good Housekeeping Institute while in America and bring back with him some of the Institute bulletins and a list of the Household Equipment Tested and Approved by the Institute!

Housekeepers have come to look upon the Institute as an authority, a great clearing house of information, on questions having to do with housekeeping and the management of their homes.

The Staff and Laboratories

In order to supply dependable information of a thoroughly practical kind, Good Housekeeping has provided the Institute with spacious well-equipped laboratories and a large staff of trained and experienced men and women. There are graduate engineers who test and investigate all the various types of equipment used in housekeeping. They examine it from the standpoint of its suitability of design and construction in relation to its use, its durability under continued use and its safety in operation. Then women members of the staff, who understand the service it will be called upon to give in the home, put each piece of equipment into daily use. If it is a range, it must, among other things, use fuel economically. The oven, for example, must heat to 550 degrees F. in a time specified for each type of range. It must also bake all types of foods evenly and satisfactorily, and if the range finally measures up to Institute standards it is awarded the Seal of Approval, the red star in the oval, now so well-known to housekeepers who go shopping for new equipment.

Testing Service Free to Manufacturers

Equipment, large and small, receives equally thorough and practical tests, based upon its use in the home: brushes, beaters, can openers, refrigerators, washing machines, water heaters, etc. And this service is offered free to all manufacturers, whose products

have reasonable distribution in this country, since it is carried on for the benefit of Good Housekeeping readers. If a piece of equipment fails to meet the Institute standards it is disapproved, but the manufacturer is advised as to how he may improve it in order to have it meet these standards. And many times he follows this advice, sending it in later for another test.

The approval is awarded for only one year. At the end of that time, the Institute must be assured that the product still measures up to Institute standards. If it does, the certificate of approval is renewed for another year. A list of Household Equipment Tested and Approved is issued twice a year and may be had for the asking. Each month a supplementary list is published of all products approved since the last semi-yearly list was issued. This supplementary list is also sent free upon request.

The Scope of the Testing Service

There are a number of types of household products that are outside the official testing scope of the Institute and that therefore can not be tested with a view to approval. The reason for this is not that Good Housekeeping considers such products of any less value to consumers. It is simply that the staff can only attempt just so much work and do it thoroughly. The testing has therefore had to be confined to certain types of products, and in the beginning it was decided that, broadly speaking, these should be equipment used in housekeeping. The demands on this Institute service have grown so rapidly that even though the laboratories have also grown larger, and the staff increased, the scope is still limited.

Practically all household products receive attention at the Institute, however, for the Institute must be familiar with what industry is offering housekeepers, so that dependable information may be supplied as to the use of these products in housekeeping. And the widest and best use of all products tested must also be worked out while they are under test at the Institute.

Carrying Over Our Message

The results of this Institute work appear in the Institute pages of Good Housekeeping each month, and in Good Housekeeping bulletins. And readers may always write the Institute for help on special problems. "Good Housekeeping is more than a magazine," wrote one of our readers recently, "it is our reference book on housekeeping."

Family Food Problems and Budgets

The Institute also works closely with the Bureau of Foods, Sanitation, and Health in testing food products. Is the flavor acceptable, the appearance, the consistency? What about the directions for use? These are carefully checked, recipes are tested, and the family food problems from marketing to table service receive much attention. The question of wise spending, not only for food, but for all household needs comes in for its share of consideration since home management and living standards depend so much on the management of the family income.

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